A CLOSET for Ladies and *Gentlewomen.*

OR,

The Art of preſeruing, Conſerving, and Candying.

With the manner how to make divers kindes of Sirups, and all kinde of banqueting ſtuffes.

Alſo divers ſoveraigne Medicines and Salves for Sundry Diſeaſes.

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An especiall Note of Confectionary.

To preserue Pippins red.

TAke your best coloured Pippins, and pare them: then take a piercer, and bore a hole thorow them: then make sirup for them, as much as will cover them, and so let them boyle in a broad preseruing pan: put into them a peece of Cinamon sticke, and so let them boile close couered very leisurely, turning them very often: for, if you turne them not very often, they will spot, and the one side

will not bee like the other, and let them thus boyle untill they begin to gelly : then take them up, and pot them, and you may keepe them all the yeere.

To preserue Pippins white.

TAke faire large Pippins, and after Candlemas pare them, and bore a hole thorow them, as you did for the red ones; then make a weake sirup for them, and so let them boyle till they bee tender ; then take them vp, and boyle your sirup a little higher, then put them vp in a Gally-pot, & let them stand all night, and the next morning the sirup will bee somewhat weaker : then boyle the sirup againe to his full thickenesse, and so pot them and you may keepe them all the yeere. If you please to haue them taste a pleasant taste, more than the naturall Pippin, put in one grain of musk, and one drop of the Chymicall oyle of Cinamon, and that will make them

them taſte a more pleaſant taſte.

To preſerue Pippins greene.

TAke Pippins when they be ſmall and green off the tree, and pare three or foure of the worſt, and cut them all to peeces: then boyle them in a quart of faire water till they bee pap, then let the liquor come from them, as you doe from your Quodiniacke, into a Baſon: then put into them one pound of Sugar clarified, and put into this as many greene Pippins vnpared as that liquor will couer, and ſo let them boyle ſoftly: and when you ſee they bee boyled as tender as a quodling, then take them vp, and pill off the outermoſt white skin, and then your Pippins will bee greene: then boyle them in your ſirup againe till the ſirup bee thicke: and ſo you may keepe them all the yeere.

To preserue Apricocks.

OF Apricocks take a pound, and a pound of sugar, and clarifie your sugar with a pint of water; and when your sugar is made perfect, put it into a preseruing-pan, and put your Apricocks into it, and so let them boyle gently: and when they bee boyled enough, and your sirrup thicke, pot them, and so keepe them. In like manner you may preserue a peare-plum.

To preserue Mirabolans or Malacadonians.

TAke your Malacadonians: stone them, and perboile them in water: then pill off the outward skin of them: they will boyle as long as a peece of beefe, and therefore you need not feare the breaking of them; and when they bee boyled tender, make sirrup of them, and preserue them

them as you doe any other thing, and ſo you may keepe them all the yeere.

To preſerue Pomcitrons.

OF your Pomcirrons take one pound and a halfe, and cut them ſome in halves, ſome in quarters, and take the meat out of them, and boyle them tender in faire water: then take two pound of ſugar being clarified, and make ſirup for them, and let them boyle in ſirup a quarter of an houre very gently: then take them vp, and let your ſirup boyle till it be thicke: and then put it in your Pomcitrons, and you may keepe them all the yeere. If you pleaſe, you may pare ſome of them: for, ſome delight them in the skin, and ſome, pared.

To preſerue Cherries.

OF the beſt and faireſt Cherries take ſome two pound, and with a paire of ſheeres clip off their ſtalkes

by the midst: then wash them cleane, and beware you bruse them not: then take of fine Barbary Sugar, and set it ouer the fire, with a quart of faire water, in the broadest vessell you can get, and let it seeth till it bee somewhat thicke: then put in your Cherries, and stirre them together with a silver spoone, and so let them boyle, alwayes scumming and turning them very gently, that the one side may bee like the other, vntill they bee enough: the which to know, you must take vp some of the sirup with one Cherry, and so let it coole; and if it will scarce run out, it is enough: and thus, being cold, you may put them vp, and keepe them all the yeere.

To preserue red-rose leaues.

OF the leaues of the fairest buds take halfe a pound: sift them cleane from seeds: then take a quart of faire water, and put it in an earthen pipkin

pipkin. and ſet it ouer the fire vntill it bee ſcalding hot : and then make a good many of other red roſe leaues and put them into the ſcaldIng water, vntill they begin to looke white, and then ſtraine them : and thus doe vntill the water looke very red. Then take a pound of refined Sugar, and beat it fine, and put it into the liquor, with halfe a pound of Roſe-leaues, and let them ſeeth together till they bee enough : the which to know, is by taking ſome of them up in a ſpoone, as you doe your Cherries ; and ſo, when they bee thorow cold put them vp, and keepe them very cloſe.

To preſerue Orenges and Lemmons.

TAke your Orenges and Lemmons, large and well coloured, and take a raſpe of ſteele, and raſpe the outward rinde from them : then lay them in water three dayes and three nights : then boyle them tender,

and shift them in the boiling, to take away their bitternesse: and when they bee boyled tenderly, take two pound of Sugar clarified with a pint of water; and when your sirup is made, and betwixt hot and cold, put in your Lemmons and Orenges, and there let them bee infused all night: the next morning, let them boyle two or three walmes in your sirup: let them not boyle too long in the sugar, because the rinds will bee tough: take your Lemmons out, and boyle your sirup thicker: and so when it is cold, put them up, and keepe them all the yeere.

To preserue Quinces.

OF your Quinces take a pound: core them, and then perboyle them, and pill off the outermost white skin, and then weigh them; and put into them clarified Sugar one pound, and then boyle them closely covered vpon a very gentle fire,

fire, putting vnto them a ſticke or two of good Cinamon cut into ſmall peeces, and ſo ſtir them continually, that they may bee well coloured on euery ſide: and when the ſirup is come to the height of a perfect gelly, take them off the fire, and ſo keepe them; for the higher your ſirup is, the better will your Quinces keepe.

To preſerue Peaches.

OF your faireſt and beſt coloured Peaches, take a pound, and with a wet linnen cloth wipe off the white hoare of them: then perboyle them in halfe a pint of white wine, and a pint and a halfe of running water: and being perboyled, pill off the white skinne of them, and then weigh them: take to your pound of Peaches, three quarters of a pound of refined Sugar, and diſſolue it in a quarter of a pint of white wine, and boyle it almoſt to the height of a ſirup,

ſirup and then put in your Peaches, and let them boyle in the ſirup a quarter of an houre or more, if neede ſhould require: and then put them vp, and keepe them all the yeere.

To preſerue Eringo-roots.

TAke your Eringo-roots, faire and not knotty, one pound, and waſh them cleane; and when they be waſhed, ſet them on the fire, and boyle them very tender; pill off the outermoſt skin of them, but ſee you breake them not; and as you pare them, put them into cold water, and let them all remaine there till all be finiſhed: and then you muſt take to euery pound of roots, three quarters of a pound of clarified Sugar, & boyle it almoſt unto the height of a ſirup, and then put in your rootes, but looke that they boyle very gently together, with as little ſtirring as may bee, for feare of breaking, vntill they bee enough:

enough: and when they be cold, put them vp, and so keepe them.

To preserue Barberries.

TAke your Barberries very faire and well coloured, and picke out euery stone of them, and then weigh them: and to euery ounce of of Barberries, you must take three ounces of haid Sugar; and with halfe an ounce of the pulpe of Barberries, and one ounce of red-rose-water, you must dissolue your Sugar, and then boile it to a sirup. being so boyled, put in your Barberries, and let them boyle a quarter of an houre, and then take them vp: and as soone as they begin to wax coole, put them vp, and they will keepe their colour all the yeere.

To preserue Gooseberries.

YOu must take your large Berries, but not thorowly ripe, and picke off all the stalkes from them, and

and wash them cleane : take a pound of them, and set them on the fire till they be hot, and then take them off, and let the liquor runne from them : then take ten ounces of hard Sugar, and foure ounces of Sugar-candie, and clarife it with a pint of water, and the white of an Egge, and boyle it to a thicke sirup : and then put in your Gooseberries, and let them boyle a walme or two ; and so, betwixt hot and cold, put them vp, and keepe them all the yeere.

To preserue Damsons.

TAke of your Damsons large and well coloured, but not thorow ripe, for then they will breake, and picke them cleane, and wipe them one by one : then weigh them, and to euery pound of Damsons, you must take a pound of Barbary sugar, white and good, dissolved in halfe a pint or more of water : boile it almost to

to the height of a ſirup, and then put in your Damſons, keeping them with continuall ſcumming and ſtirring, and that with a ſiluer ſpoone; and ſo let them boyle untill they bee enough, vpon a gentle fire: and when they be enough, take them vp, and keepe them all the yeere.

To preſerue Raſpices.

TAke of your faireſt and well-coloured Raſpices, and picke off their ſtalkes very cleane: then waſh them, but in any caſe ſee that you bruſe them not: then weigh them, and to euery pound of Raſpices, you muſt take ſix ounces of hard Sugar, and ſix ounces of Sugar candy, and clarifie it with halfe a pint of faire water, and foure ounces of iuyce of Raſpices, being clarified: boyle it to a weak ſirup, and then put in your Raſpices, ſtirring them up and downe, and ſo let them boile untill they bee enough, that

that is, vsing them as your Cherries, and so you may keepe them all the yeere.

To preserue Enula Campana roots.

TAke of your Enula Campana Rootes, and wash them: scrape them very cleane, and cut them thin to the pith, the length of your little finger; and as you cut them, put them in water, and let them lie in water thirty dayes, shifting them twice euery day, to take away their bitternesse; weigh them, and to euery pound of Rootes, you must take twelue ounces of clarified Sugar, first boyling your Roots as tender as a Chickin, and then put them into your clarified Sugar, and let them boyle vpon a gentle fire vntill they bee enough: and so let them stand off the fire a good while, and betwixt hot and cold put them vp to your vse.

To preserue Saterion roots.

TAke your Saterion roots, and pick out the faire ones, and keep them by themselves: then wash them, and boyle them vpon a gentle fire as tender as a Quodling: then take them off, and pare off the blackest skin of them, and put them, as you pare them, into faire water, and so let them remaine one night; and then weigh them, and to every pound of roots you must take eleuen ounces of clarified Sugar, and boyle it almost to the height of a sirup, and then put in your roots, but take heed they boile not too long, for then they will grow hard and tough: and therefore when they bee boyled enough, take them off, and set them a cooling, and so keepe them according to the rest.

Here end the Preseruatives.

To

To make Manus Christi.

OF refined Sugar take halfe a pound, and some Rose water, and boyle them together till it come to Sugar againe: then stirre it about while it bee somewhat cold: then take your leafe gold, and mingle with it: then cast it according to art, that is, in round gobbets, and so keepe them.

To candie Ginger.

TAke very faire and large Ginger, and pare it, and then lay it in water a day and a night: then take your double refined Sugar, and boyle it to the height of Sugar againe: then when your Sugar beginneth to be cold, take your Ginger, and stir it well about while your Sugar is hard to the pan: then take it out race by race, and lay it by the fire for foure houres: then take a pot, and warme it

it, and put the Ginger in it : then tie it very close, and euery second morning stir it about roundly, and it will bee rocke-candied in a very short space.

To candy Rose-leaues as naturally as if they grew vpon the trees.

TAke of the faireſt Roſe leaues, red or damaske, and on a Sunneſhine day ſprinkle them with Roſewater, and lay them, one by one, vpon faire paper : then take ſome double-refined Sugar, and beat it very fine, and put it in a fine lawne ſearce: when you haue laid abroad all the Roſe leaues in the hotteſt of the ſun, ſearce ſugar thinly all ouer them; then anon the Sunne will candy the Sugar ; then turne the leaues, and ſearce Sugar on the other ſide, and turne them often in the Sunne, ſometimes ſprinkling Roſe water, and ſometimes ſearcing Sugar on them, vntill they bee enough, and come to your

your liking; and being thus done, you may keepe them.

To candy Marigolds in wedges: the Spanish fash on.

TAke of the faire yellow Marigold flowres two ounces, and shred them, and drye them before the fire: then take foure ounces of Sugar, and boyle it to the height of Manus Christi: then powre it vpon a wet Pie-plate, and, betwixt hot and cold, cut it into wedges: then lay them on a sheet of white paper, and put them in a Stoue.

To candy all manner of flowers in their naturall colours

TAke the Flowers with the stalks and wash them over with a little Rose-water, wherein Gum-arabecke is dissolved; then take fine searced Sugar, and dust over them, and set them

them a drying on the bottome of a Sive in an Oven, and they will glister as if it were Sugar-candy.

To candy all manner of Flowers, Fruits, and Spices, the cleere rocke-Candy.

TAke two pound of Barbary Sugar great grained, clarified with the whites of two Egges, and boyle it almost as hie as for Manus Christi: then put it into a pipkin that is not very rough. then put in your Flowers, Fruits, and Spices, and so put your Pipkin into a Still, and make a small fire of small coles vnder it; and, in the space of twelve dayes, it will bee rocke-candied.

To candie Eringo roots.

TAke your Eringo roots ready to be preserved, and weigh them, and to every pound of your roots, you must take of the purest Sugar you can get

two

two pound, and clarifie it with the whites of Egges exceeding well, that it may bee as cleare as Chrystall, for then it will bee very commendable: it being clarified, you must boyle it to the height of Manus Christi, and then dip in your roots, two or three at once, till they bee all candied, and so put them in a Stoue, and keepe them all the yeere.

To candy Enula-Campana.

TAke of your faireſt Enula Campana roots, and take them clean from the ſirup, and waſh the Sugar off them, and drie them againe with a linnen cloth; then weigh them, and to euery pound of rootes you muſt take a pound and three quarters of Sugar: clarifie it well, and boile it to the height of Manus Chriſti, and when it is ſo boyled, dippe in your roots, three or foure at once, and they will candy very well; and ſo ſtoue

ſtoue them, and keepe them all the yeere.

To candie Violet flowers.

TAke of your Violet flowers that are good and new, and well coloured, and weigh them: to every ounce of your Violet flowers you muſt take foure ounces of refined Sugar, which is very white and faire grained, and diſſolve it in two ounces of faire running water, and ſo boyle it till it come to Sugar againe; but you muſt ſcum it often, leſt it bee not cleare enough: and when it is boyled to Sugar againe, then take it off, and let it coole, and then put in your violet flowers, ſtirring them together till the Sugar grow hard to the pan: this done, put them into a box, and keepe them in a ſtoue.

To candy Gooseberries.

TAke of your faireſt berries, but they muſt not bee too ripe, for then they will not be ſo good, and with a linnen cloth wipe them very cleane, and picke of all the ſtalks from them and weigh them: and to every ounce of Berries, you muſt take two ounces of Sugar, and halfe an ounce of Sugar-Candy, and diſſolve them in an ounce or two of Roſe-water, and ſo boyle them vp to the height of Manus Chriſti; and when it is come to his perfect height, let it coole, and put in your Berries, for if you put them in hot, they will ſhrinke, and ſo ſtir them in round with a woodden Spatter till they bee candied; and thus put them vp and keepe them.

To candy Roſemary-flowers.

TAke of your Roſemary-Flowers ready pickt, and weigh them; to euery

euery ounce of flowers you muſt take two ounces of hard Sugar, and one ounce of Sugar-Candy, and diſſolue them in Roſemary-flower-water, and boile them till they come to Sugar againe: which done, put in your Roſemary-flowers when your Sugar is almoſt cold, and ſo ſtirre them together till they bee enough, and then take them out, and put them in a box, and keepe them to your vſe in your Stoue.

To candy Borage-Flowers.

TAke your Flowers, and pick them very cleane, and weigh them, and vſe them in euery reſpect as you did your Roſemary-Flowers, ſaue this, that when they bee candied, you muſt ſet them in a ſtill, and ſo keepe them in a ſheet of white paper, putting euery day a chafindiſh of coals into your ſtill, and it will be candied very excellently, and that in a ſhort ſpace.

Here end the ſorts of Candying.

To make Paste of Pippins, the Geneua fashion, *some with leaues, some like Plums, with stalkes and stones in them.*

TAke your Pippins, and pare them, and cut them in quarters: then boyle them in faire water till they bee tender: then straine them, and drie the pulp vpon a chafingdish of coles: then weigh it, and take as much Sugar as it weigheth, and boyle it to Manus Christi, and put them together: then fashion them vpon a Pie-plate, and put it into an Oven being very sleightly heat: the next morning you may turne it, and put them off the plates vpon sheets of Paper vpon a hurdle, and so put them into an Oven of like heat, and there let them remaine foure or five daies, putting

putting euery day a Chafingdish of coles into the Oven: and when they be thorow dry, you may box them, and keep them all the yeere.

To make paste of Eglantine, of the colour of the red coral.

TAke your Eglantine Berries, otherwise called Hips, and stampe them in a Mortar with Gum-Dragagant and Rose-water: then straine it thorow a strainer; then take halfe a pound of refined Sugar beaten, and searced, and worke it vp into Paste with this straining: then print it with your molds: then stove it, and then gild them.

To make Paste-royall white.

TAke a pound of refined Sugar beaten & searced, and put into an Alablaster Morter, with an ounce of Gum dragagant steeped in Rose-wa-

ter : and if you see your Paste bee too weake, put in more Sugar ; if too dry, more Gumme, with a drop or two of oile of Cinamon, so that you neuer deceiue your selfe, to stand vpon quantities : beat it into perfect paste, and then you may print it with your moulds ; and when it is dry, gild it, and so keepe them.

To make Paste-Royall in Spices.

TAke of Cinamon and Ginger, of each a like quantity being finely searced: mingle it with your searced Sugar, and Gum-dragagant steeped in Rose-water, and worke it into paste, as you did your paste-royal white, and then you may turne it vpon stickes made of peeces of Arrowes, and make them hollow like Cinamon stickes : in like sort you may make it taste of what spices you please.

To make Paſte of Genua the true way.

TAke two pound of the pulp of Quinces, and as much of Peaches, and ſtraine it, and dry it in a pewter platter vpon a chafindiſh of Coles: then weigh it, and take as much Sugar as it weigheth, and boile it to the height of Manus Chriſti, and then put them together, and ſo faſhion it vpon a Pie-plate, and dry it in an Ouen with a Chafindiſh of coles, vntill it bee thorow dry: and then, if it pleaſe you, you may ſpot them with gold.

To mak Paſte of Vio'ets.

YOu muſt take of your Violets that are ready picked, and bruiſe them in an Alablaſter or Marble Mortar, and wring the iuice from them into a Porringer, and put as much

much hard Sugar in fine powder, as that iuyce will cover: dry it, and then powder it againe, and then take as much Gum-dragagant steeped in Rose-water, as will bring this Sugar into a perfect paste: when it is perfect, take it vp, and print it with your moulds, and so dry it in your stoue and not by the fire, for feare of danger and when it is dry, gild it. It is a fine banqueting conceit.

To make Paste of Goose-berries.

TAke of your Goose berries, and cut them one by one, and wring the iuyce from them, till you haue gotten so much as you thinke will serue your turne: boyle your iuyce a little, that it may bee thicker: then take as much double refined Sugar as your iuyce will sharpen, and dry it as you did for your Violets; and being dry, beat it very fine and take as much Gum-dragagant steeped in red rose water, as will serue, and beat

beat it into perfect paſte in an Alablaſter Mortar: and then take it up, and print it with your moulds, vſing it in every reſpect as your paſte of Violets. This is excellent good for one that hath a weake ſtomacke.

Heere begin Banqueting Conceits, as Marmelades, Quodiniackes, and such like.

To make Muskadine Comfits.

TAke halfe a pound of Musk-Sugar beaten and searced: then take Gum-Dragagant steeped in Rose-water, and two graines of Muske, and so beat them in an Alablaster Mortar till it come to perfect Paste: then driue it very thin with a rowling pin, and then cut it into small peeces like diamonds; some cut with

with a rowle ſpoone on the ſides: being thus cut, ſtoue them, and ſo keepe them all the yeare.

To make Diacitonium ſimplex of Quinces.

TAke of your Quinces, and pare them, and cut them in peeces, and boile a pound of theſe peeces in a quart of faire water, till they bee very ſoft: then let the liquor run from them, then take a pound of Sugar-Candy, and beat it fine, and put it into that liquor, and let it ſeeth till you ſee it ſtand like gelly: then take it from the fire, and put therein foure drops of oile of Cinamon and Nutmegs, and then put in fiue and twenty leaues of fine gold, and ſtirre it together, and ſo put it in fine Chrytall Glaſſes, and keepe it all the yeere.

To make fine christall Gelly.

TAke a knuckle of Veale, and foure Calves feet, and set them on the fire with a gallon of faire water, and when the flesh is boyled tender, take it out: then let the liquor stand still vntill it be cold, then take away the top and the bottome of that liquor, and put the rest into a cleane Pipkin, and put into it one pound of clarified Sugar, foure or five drops of Oyle of Cinamon and Nutmegs, a graine of Muske, and so let it boyle a quartet of an houre leisurely on the fire, then let it runne thorow a gelly bag into a bason, with the whites of two egges beaten; and when it is cold, you may cut it into lumps with a spoone, and so serve three or foure lumps vpon a plate.

To make white leach of creame.

TAke a pint of ſweet creame, and ſix ſpoonfuls of Roſe water, and two graines of Muske, two drops of oyle of Mace, or one peece of large Mace, and ſo let it boyle with foure ounces of Iſinglaſſe: then let it run downe thorow a gelly bag: when it is cold, ſlice it like brawne, and ſo ſerue it out. This is the beſt way to make leach.

To make a Walnut, that when you cracke it, you ſhall finde birkets and Carrowaues in it, or a pretty Paſtewitten.

TAke a peece of your Paſte royall white, being beaten with Gum-Dragagant, and mixed with a little fine ſearced Cinamon, which will bring your paſte in a Walnut ſhell

shell colour: then drive it thin, and cut it into two peeces, and put the one peece into the one halfe of your mould, and the other into the other, then put what you please into the Nut, and close the mould together, and so make three or foure Walnuts.

To make Quodiniack of Plums.

TAke two pound of Plums, and put them into a Posnet with a pound and a halfe of Brasill Sugar, clarified with a pint of faire water, and let it boile till the Plums breake: then take it off, and let your liquid substance run thorow a strainer, and then put it again into the Posnet, and so let it boyle till it come to its thicknesse, and then print it with your moulds on what fashion you please.

To make Biskettello.

TAke two ounces of very fine Sugar, beaten and searced, and put into

into it halfe a ſpoonefull of Amidum, that is, white Starch; a graine of Muske: then beat it into perfect Paſte, with Gum dragagant ſteeped in Roſe water: then make it into little pretty loaues the faſhion of Manchets, and ſo put a Wafer in the bottom e of euery one of them, and bake them in a baking pan, but take heed your pan be not hot, and ſo ſpecke them with gold, and ſo box them. It is a very fine banqueting conceit.

To make a ſpeciall ſweet water to perfume clothes in the folding, being waſhed.

TAke a quart of Damask-Roſe-water, & put it into a glaſſe, put vnto it a handfull of Lauender-Flowers, two ounces of Oris, a dramme of Muske, the weight of foure pence of Amber greece, as much Ciuet, foure drops of Oyle of Cloues; ſtop this cloſe, and let it in the Sunne a fort-

a fortnight : put one spoonefull of this water into a bason of common water, and put it into a glasse, and so sprinkle your clothes therewith in your folding : the dregs, left in the bottome (when the water is spent) will make as much more, if you keepe them, and put fresh Rose-water to it.

To make Mosse powder.

TAke two pound of Mosse of a sweet Apple tree, gathered betweene the two Lady dayes, and infuse it in a quart of Damask rose-water, fortie and twenty houres : then take it out, and dry it in an ouen vpon a Sives bottome, and beat it to Powder : put to it an ounce of Lignum Aloes beaten and seareed, two ounces of Orris, a dramme of Musk, halfe a dram of amber greece, a quarter of a dram of Cinet : put all these into a hot Mortar and Pestle, and beat them together : then searce them

them thorow a coorse haire searce, and put it into a bag, and lay it among your clothes.

To make Aromaticum Lozenges.

TAke of fine Sugar halfe a pound: boile it with Red rose-water, vntill it come to the height of Lozenges: and in the cooling, put in of the spices of Aromaticum Rosarum, 4. drams, with a little Confectio Alchermes, and so make them into Lozenges, gilding them first, and then cut them square with a knife for that purpose: and when you gild them, if your gilding will not shake on, wet them gently with a little Rose water, but not too much in any case.

To make a March-pane, to ice it, and garnish it after the Art of Comfit-making.

TAke two pound of small Almonds blanched, and beaten into perfect paste,

paſte, with a pound of Sugar finely ſearced, putting in now and then a ſpoonefull or two of Roſe-water, to keepe it from oiling; and when it is beaten to perfect Paſte, roule it thin, and cut it round by a Charger: then ſet an edge on it, as you do on a Tart: then dry it in an Ouen or a baking Pan: then ice it with Roſe-water and Sugar, made as thicke as batter for Fritters: when it is iced, garniſh it with conceits, and ſticke long Comfits in it, and ſo gild it, and ſerue it.

To make all ſorts of banqueting Conceits of March-paine ſtuffe, ſome like Pies, Birds, Baskets, and ſuch like, and ſome to print with moulds.

TAke a pound of Almond Paſte made for the Marchpane, and dry it on a Chafingdiſh of coles, till you ſee it wax white: then you may print

print ſome with Moulds, and make ſome with hands, and ſo gild them; then ſtoue them, and you may keepe them all the yeare. They be excellent good to pleaſe children.

To make all kinde of birds and beaſts to ſtand on their legs, in caſt-worke.

TAke Barbary-Sugar, clarifie it, and boile it to the height of Manus Chriſti: then poure it into your moulds, they being ſeaſoned as for your Quodiniack: let them ſtand a quarter of an houre, and they will bee cold, and then you may take them out, and gild them.

To caſt all manner of fruitage hollow in turnd worke, and put them in their colours, as Oranges, Lemmons, and the like.

TAke your Sugar being boiled to the height of Manus Chriſti, and put

put it into your Alablaſter moulds, being made of three peeces: turne it round about in your hand, while it is hot; and when it is cold, take it out, and put them in their naturall colours.

To make Prince-bisket bread.

TAke a pound of very fine Flower, as much Sugar thorowly ſearced, one ounce of Anniſeeds cleane pickt, take eight Egges, and a ſpoonefull of Muskadine, and beat all into batter as thicke as for Fritters: beat it thus in a Bowle one houre: then put it into your coffins of plate, or traines of wood, and ſet it in an Ouen, and let it remaine there one houre: you may ſlice ſome of them when they bee a day old, and dry them againe vpon a hurdle of Wicker: you may alſo take one of your leaues, and waſh it ouer with the yolke of an Egge beaten with a little Roſe-water, and while it is greene, caſt Biskets

and

and Carrowaies on it, and a little white Candy, and it will shew as if it did haile on it: then spot it with gold, and giue it to whom you please.

To make the vsuall Paket sold at Comfit-makers.

TAke a Pecke of flower, and foure ounces of Coriander seed, one ounce of Anniseed, take three Egges, three spoonefuls of ale yeast, and as much warme water as will make it as thicke as Paste for Manchets: make it in a long Rowle, and bake it in an Ouen one houre; and when it is a day old, pare it, and slice it, sugar it with fearced Sugar, and put it againe into the Ouen; and when it is dry, take it out, and new sugar it againe, and so box it, and keepe it.

To make an especiall sweet Powder for sweet Bags.

TAke of the purest orris one pound, of Red and Damask Rose-leaues, of each two ounces, of Cloues three drams, Coriander seed one dram, Cyprus and Calamus of each halfe an ounce, Benzoin and Storax of each three drams: beat them all saue the Benzoin and the Storax, and powder them by themselues, and mix it with the rest of the powder; then take of Musk & Ciuet, of each twenty graines, Amber greece ten graines, mix these with a little of the foresaid powder with a warme Pestle, and so by little and little you may mix it with all the rest, and so with Rose-leaues dried you may put it vp into your sweet Bags, and so keepe them seuen yeares.

To make an excellent Marmelade, which was giuen to Queene Mary for a New yeeres gift.

TAke a pound and a halfe of Sugar, boile it with a pint of faire water, till it come to the height of Manus Christi: then take three or foure small Quinces, one good Orenge-pill, both very well preserued and finely beaten, and three ounces of Almonds blanched, and beaten by themselues, Eringo-roots preserued two ounces and a halfe, stir these with the Sugar till it will not sticke: and then, at the last, put in of Muske and Amber dissolued in Rose-water, of each foure graines; of Cinamon, Ginger, Cloues and Mace, of each three drams; of Oyle of Cinamon two drops: this being done, put it into your Marmelade Boxes, and so present it to whom you please.

To make another sort of Marmelade very comfortable for any Lord or Lady whatsoeuer.

TAke of the pureſt greene Ginger, ſix drammes; of Eringo and Saterion roots, of each an ounce and a halfe: beat theſe very finely, and draw them with a ſiluer Spoone thorow a haire ſearce: take of Nut-kernels and Almonds blanched, of each an ounce, Cocks ſtones halfe an ounce, all ſteeped in honey twelue houres, and then boiled in milke, and beaten and mixed with the reſt: then powder the ſeeds of red Nettels, of Rockes, of each one dram; Plantane ſeeds halfe a dramme; of the belly and backe of a fiſh called Scincus marinus, three drammes; of Diafaterion, foure ounces; of Cantarides, adde a dram; beat theſe very finely, and with the other powder mix it: and ſo with a pound of fine ſugar diſſolued in Roſe-water,

water, and boiled to Sugar againe, mingle the powder and all the reſt of the things, putting in of leafe gold ſix leaues; of pearle prepared, two drammes, Oile of Cinamon ſix drops: and being thus done, and well dried, put it vp in your Marmelade boxes, and gild it, and ſo vſe it at your pleaſure.

To make a blanch for any Ladies face.

TAke of white Tartar two drammes, Camphire one dramme, Coperas halfe a dramme, the whites of foure Egges, iuice of two Lemmons, oile of Tartar foure ounces, Plantane water as much, white Mercury a peniworth, bitter almonds two ounces; all muſt be powdred and mixed with the oyle and water, and then boiled vpon a gentle fire, and ſtraine it, and ſo keepe it. the party muſt rub her face with a ſcarlet cloth, and then

then ouer night wash her with it, and in the morning wash it off with bran and white wine.

To make printed Quodiniacks of Quinces, a ruby colour.

TAke two pound of Quinces pared, and cut in small peeces, and put them into a Posnet with three pints of faire water, and so let them boyle till they be tender: then put into them a pound of Sugar, and let it boile till the fruit fall to the bottome of the Pan: let the liquor run thorow a strainer into a Bason, and put it into a faire Posnet, and let it boile till it come to his colour and thicknesse: then print it with your moulds: you shall know when it is ready to print, by rolling a little vpon the backe of a Spoone: and if you see it will stand, and not run downe, print it. In like sort you may make your Quodiniack of Pippins; your Pippins will hold all the yeere.

To

To make Quodiniacks of Raſpices, or Engliſh Coriants.

TAke Raſpices ripe and well coloured, and put them in a diſh, and put to them foure ſpoonfuls of Roſe-water, and mix them together with the backe of a Spoone: then wring the liquid ſubſtance thorow a linnen cloth: ſeaſon it by your mouth with Sugar till it bee ſweet enough: then boile it on a Chafingdiſh of Coles in a diſh, till it be ready to print: then print it in your moulds, and box it, and ſo keepe them.

Here end the conceits of Banquetting.

Your Moulds muſt lye in water one night before you vſe them; & an houre before you print with them, take them out of the water.

CORDIALL WATERS.

Aqua Cœlestis.

TAke of Cynamon six ounces, Cloves one dram, Nutmegs one dram and a halfe, of Ginger two drams and a halfe, of Gallingale one dram and a halfe, Cubebs two drammes, Calamus roots one dram, all bruised and kept in a paper: then take of Bettony and Sage flowres, of each a handfull; Marioram, Penniriall, of each halfe a handfull, bruised likewise: then take of these powders, of Aromaticum Rosarum three

three drams; Diambræ, Diamargariton frigidum, Diamoscum dulce, of each a dram and a halfe: you must put all these into a gallon of spirit of wine, and steep them three dayes and three nights, shaking them well every day, and then distill it in your Limbecks; and when it is distilled, you must hang halfe an ounce of yellow Sanders, and twenty graines of Muske and Amber in it.

To make cinamon water.

TAke one pound of the best Cinamon you can get: bruise it well, and put it into a gallon of the best Sack, and infuse it three dayes and three nights, and then distill it as your Aqua Cœlestis.

To make Doctor Steeuens *water.*

TAke of Rose-leaues one dram, Borage, Bugloss, Violets, and Rose-

mary-flowers, of each a dram & a halfe, Spikenard a dram, Cinamon 2. ounces, Ginger an ounce, Cloues & Nutmegs, of each halfe an ounce, Cardamons a dram and a halfe, Gallingale two drams, Cubebs a dram, Pepper three drams, Anniseeds, Carroway-seeds, and Fennell, of each an ounce, Lignum Aloes halfe a dram, Corall and Pearle in fine powder of each one dram; bruise these, and put them in a pottle of Aqua-vitæ, and a quart of Sacke, vsing it in euery respect as your Aqua Cœlestis.

To make Balme-water.

TAke Balme, dry three ounces, Time, Peneriall, of each an ounce, Cinamon foure ounces, a dram of Cardomus, Graines halfe an ounce, sweet Fennell-seeds an ounce, Nutmegs and Ginger, of each a dramme, Gallingale one ounce, Calamus, and Cyprus, Cubebs and Pepper, of each two drams, of Caper-roots halfe a dram, of Diptamus one dram: bruise

these

theſe things, and put them to a pottle of Sacke, and ſteepe them 24 houres, and then vſe it as the former waters.

Angelica water.

TAke Cardus dry a handfull, Angelica roots three ounces, of Mirrh one dram, Nutmegs halfe an ounce, Cinamon, Ginger, of each foure ounces, Saffron one dram and a halfe, Cardamons, Cubebs, Gallingale and Pepper, of each a quarter of an ounce, Mace two drams, Graines one dram, Lignum Aloes, Spikenard, Iuncus Odoratus, of each a dram; Sage, Borage, Bugloſſe, Violets and Roſemary flowers, of each halfe a handfull: bruiſe theſe, and ſteep them in a pottle of Sack twelue houres, and diſtill it as the reſt.

Roſa ſolis.

TAke Liquorice eight ounces, Aniſeeds, Carroway, of each an ounce, Raiſons ſtoned, Dates, of each 3. ounces, nutmegs, ginger, cinamon,

Mace, of each halfe an ounce, Gallingale a quarter of an ounce, Cubebs one dram, Figs two ounces, Sugar foure ounces: bruise these, and distill it with a gallon of Aqua-vitæ, as the rest: but when it is distilled, you must colour it with the herbe Rosa-solis, or else Alkanet root.

Worme wood-water.

TAke of Worme wood two ounces and a halfe; Sage, Bittony & Rue, of each halfe a handfull, Rolemary tops a handfull, Cinamon 3. ounces, Nutmegs halfe an ounce, Cloues and Mace, of each halfe a dram, Ginger an ounce; Gallingale, Cubebs and Spikenard, of each a dram and a halfe, of Scordium halfe a handfull: bruise these, and put them into a pottle of Sacke, and a pint of Aqua-vitæ, and steepe them foure and twenty houres, and distill them as the rest.

HERE BEGIN Conſerues.

To make Marmelade of Quinces.

TAke your Quinces, and boile them tender: then pare them and cut them to the core: then draw the pulp, that is, the Quince, thorow a haire Searce, and weigh it: to euery pound of pulp, take a pound of clarified Sugar, and boile them together till they come to a perfect colour, putting to them in the boiling a little Oyle of Cinamon; and when it is boiled enough, that it will not ſticke to the pan, put it into your Marmelade-Boxes. But your conſerue muſt not bee boiled

so high in any case, for then it will not be so good.

To make Conserue of Red and Damaske Roses.

TAke of the purest and best colored buds you can get, & clip off the whites from them; and to euery pound of leaues, you must take three pound of Barbary Sugar, & beat them together till they be very fine; & then with a woodden Spatter take it vp, & set it on the fire till it be thorow hot, and then presently put it vp, and it will be of an excellent colour.

To make Conserue of Violets.

TAke of your Violet Flowers, and picke off all the blew Flowers, and keepe them, and weigh them, and take to euery ounce of Flowers, 3. ounces of refined Sugar, and beat them in an Alablaster Mortar till they bee very fine, and then take them vp, and put them

into

into an earthen Pipkin, and set them vpon the fire till such time as they bee thorowly hot, and then take them off, and put them vp and keepe them.

To make Pectorall rowles for the Cough.

TAke Liquorice-powder finely searced one ounce, of the Spices of Diadragaganthum frigidum 2. drams, of Gum Arabeck and Dragagant in fine powder, of each a dram, white Starch halfe a dram, Annifeeds in fine powder 1. ounce, mingle with the rest: then take of Sugar six ounces, of Pennits one ounce and a halfe, Sugar-Candy one ounce powdered and mingled with the former powder: then take Gum-dragagant steeped in Rose-water, and beat it into paste, & so make it into long roules, and so dry them and keepe them.

To make Conserue of Borage-Flowers.

TAke of your Borage flowers well coloured, and picke the blacks from them,

them: then weigh them: to euery ounce of flowers, you must take three ounces of Sugar, and beat them together in an Alablaster Mortar with a woodden Pestle till they bee very fine, so that you cannot discerne any Sugar in lumps; then take them out, and put the Conserue into a Pipkin, and heat it thorow hot: and hauing thus done, put them vp, and keepe them all the yeare.

To make Conserue of Rosemary-flowers.

TAke your Rosemary-Flowers, fresh and good, and picke them from the greene tuske: weigh them, and take to euery ounce of flowers, three ounces of Sugar-Candy, and beat them very fine, vsing them in euery respect as you did your other Conserues.

To make Conserue of Buglosse-flowers.

TAke your Buglosse-flowers, and picke them as you did your Borage

rage Flowers, and then weigh them, and to euery ounce of Flowers, you muſt take two ounces of hard Sugar and an ounce of Sugar-Candy, and beat them together till they be exceeding fine, and then ſet them on the fire, to diſſolue the Sugar; and when it is diſſolued, and the conſerue hot, put it vp and keepe it all the yeare.

To make a Pomander.

TAke of Beazon one dram and a halfe, of Storax halfe a dram, of Lignum Aloes in fine powder halfe a ſcruple, of Labdanum halfe an ounce: powder all theſe very fine, and ſearce them thorow Lawne: and then take of Muſk a dram, Ambergreece ten grains, Ciuet ten graines, and diſſolue them in a hot Mortar with a little Roſe-water, and ſo make them into a Pomander, putting into it ſix graines of Ciuet.

To make Conserue of Barberries.

TAke of your Barberries which are very red and ripe, and picke them from the stalkes, and then wash them, and put vnto them a pretty deale of faire water, and set them on the fire in an earthen pan, and so scald them; and being thorowly scalded, pulpe them thorow a fine Search, & to euery pound of Pulp, take a pound of powder Sugar, and boile them till it be enough, that is, till it will cut like Marmelade.

To make Conserue of Cichory flowers.

TAke of your Cichory flowers new gathered; for if you let them lie but one houre or two at the most, they will lose their colour, and do you very little seruice: therefore weigh them presently, and to euery ounce of flowers, you must take three ounces of double refined Sugar, and beat them toge-

together in a Mortar of Alablaſter and a woodden Peſtle, till ſuch time as they be thorowly beaten: for, the better the Flowers and Sugar bee beaten, the better will your Conſerue bee; let this alwayes be for a generall rule: and being very well brayed, you muſt take them vp, and put it into a Chafer cleane ſcoured, and ſet it on the fire till it bee thorowly hot: then take it off, and put it vp, and keepe it all the yeare.

To keepe Cucumbers in pickle all the yeere.

TAke foure gallons of Conduit water, and put into it three quarts of bay Salt, two handfuls of Sage, one handfull of ſweet Marioram, and foure handfuls of Dill: let theſe boile till it come to three Gallons, and then take it off; and when it is almoſt cold put a hundred of Cucumbers into that Liquor, into a Butter-barrell, and keepe them all the yeare, but looke that alwayes the herbs lye vpon them:

them: and thus done, it will bee a most excellent Sallet with Oyle, Vinegar and Pepper.

An exceeding fine Pill vsed for the Gowt.

TAke of Aloes two ounces, Mastieke three drams, Agrick halfe an ounce, Ginger halfe a dram: let these be powdered very fine: then take of the extraction of Rubarb three drams, and with white wine let them bee incorporated into a masse of pilles, adding vnto them a drop of Oile of Cloues, and as much of Nutmegs.

A medicine for the Gowt.

TAke of the Slips of Starres to the number of foure, and then take to euery slip foure snailes, and put them into an earthen Pot, and sprinkle foure or fiue handfuls of Salt vpon them, and then put to them Sage, Rue, Wormewood and Hysop, of each foure handfuls,

fuls, and so distill them; and when you haue distilled them, put to them a quart of Wine Vinegar, wherein an ounce of white Mercury is dissolued, and so bathe the place infected with the Gowt, and it will ease them presently.

To make Sirup of Pomcitrons.

TAke Pomcitrons, and cut them in halues, and iuyce them, but beware you wring them not too hard, lest it be slimy; and then take to euery pint of iuyce three quarters of a pound of refined Sugar, and boile it in an earthen Pipkin till it come to the height of a Sirup, and take heed in any case that you boyle it not on too hot a fire, lest it burne: and then, when it is boiled enough, put it vp, and keepe it all the yeare.

To make Sirup of Violets.

TAke your Violets, and picke the Flowers,&weigh them,and then put them into a quart of water, and steepe them vpon hot embers, vntill such time as the Flowers bee turned white and the water as blue as any Violet: then take to that a quart of infusion,and take foure pound of clarified Sugar,and boile it til it come to a sirup, scumming and boiling them vpon a gentle fire,lest it turne his colour: and being boiled, put the Sirup vp, and keepe it.

To make Sirup of Liquoris.

TAke your Liquorice eight ounces,and scrape it very cleane,and bruise it very well, and maidenhaire one ounce, Annise and Fennell seed,of each halfe an ounce: steep these in foure pints of Raine-water halfe a day: and then boyle it to a quart: then take

take a pound and a halfe of clarified Sugar, and boile it with that liquor till it come to a ſirup, and then put it vp, and keepe it.

To make Sirup of Hore hound.

TAke of Hore-hound two handfuls, of Colts-foot a handfull, of Time, Pennirıall and Calamint, of each two drams, of Liquorice one ounce and a halfe, of Figs and Raiſons of the Sunne, of each two ounces, Piony kernels a quarter of an ounce, Anniſeeds and Fennell ſeeds, of each a quarter of an ounce: boile theſe in a gallon of faire water, till it come to a pottle or three pints, and then ſtraine it, and take three pound of Sugar, and three Egges, and clarifie that liquor, and ſo boile it to a ſirup, and ſo keepe it all the yeare.

To make Sirup of Maiden-haire.

TAke of Maiden-haire six ounces, of Liquorice one ounce, scraped and sliced: steepe these twenty foure houres in foure pints of Conduit water, and then boile them to a quart, and then take two pound of clarified Sugar, and boile it with that liquor vpon a gentle fire of Charcoles, till it come to a Sirup, scumming it very often, that it may be the clearer; for, the clearer it is, the better it is: and being boiled enough, put it vp.

To make Sirup of Hyssop.

TAke of Hyssop one handfull, of Figs, Raisons, Dates, of each an ounce, of Calamint halfe a handfull, of French Barley one ounce: boyle these in three pints of water to a quart, and then straine it, and then clarifie it with the whites of two Egs, and two pound of Sugar, and so boyle them

them to a Sirup : and being boyled enough, keepe them all the yeere.

To keepe Cherries all the yeare, to haue them at Christmas.

TAke of the faireſt Cherries you can get, but bee ſure that they bee not bruſed, and take them, and rub them with a linnen cloth, and put them into a barrell of hay, and lay them in ranks, firſt laying hay in the bottome, and then cherries, and then hay againe: and then ſtop them vp cloſe, that no aire may come neere them, and lay them vnder a Featherbed where one lieth continually : for the warmer they are the better, yet neere no fire : and thus doing, you may haue Cherries at any time of the yeare.

To make Sirup of Mulberries.

TAke your Mulberries which are very ripe, presse out the iuice from them thorow a linnen cloth betweene two sticks, and then to euery pint of iuice, take a pound of Sugar, and boile it to the height of a Sirup, and then keep it all the yeare long: and if it wex any thing thinner, a moneth after you put it vp, boile it againe, and then put it vp.

To make Sirup of Lemmons.

TAke your Lemmons, & cut them in halues, and betwixt your fingers iuice them, and the liquor that runs from them wil be very cleere, then take to a pint of iuice, a pound and a quarterne of hard Sugar, which is very white, and boile it to a Sirup, and it will keepe excellent well.

To

To make Sirup of Roſes ſollitiue.

TAke of Damaske-Roſes, and pull them, then take a gallon of water, and when the water is hot, put in a good many Damaske roſe leaues, and take them out when they looke white, and doe ſo ten times, and then the water will looke red: and then, to euery pint of that liquor, put a white of an Egge, and a pound of Sugar, and clarifie it, and boile it to a Sirup, and keepe it all the yeere. The thicker the Sirup is, the better it will keepe.

To make Sirup of dry Roſes.

TAke of red Roſes dried foure ounces, and infuſe them in a quart of faire water vpon hot embers till the Roſes haue loſt their colour: then take a pound and a halfe of Sugar, and clarifie your liquor

quor and Sugar with two Egges, and then boile it to the height of a Sirup: but take heed in any case, that you set not your Sirup vpon too hot a fire: for then it will lose his colour, and bee worth nothing.

A

A Medicine to giue a woman in Trauell, to make her haue Throwes.

TAke corall, amber, date ſtones, Pearle, Piony-ſeeds, Saffron, Commine: beat all theſe in Powder, & put it into Malmeſie, and take Vnicornes horne, & put it into a ſpoone with a little Malmeſie, and giue it to her, and preſently let her drinke a draught of the Malmeſie, with the powders aforeſaid, warming of it a little.

A Medicine for the falling downe of the Matrice to the bearing place.

TAke Chickweed, and seethe it in an earthen pot: then lay of it vpon a peece of Scarlet, as hot as the party may suffer it: let her take it to the priuy place, and as one plaister cooles, so lay another and vse it.

Another for to be taken to the Nauill, and to the backe right against the Nauill, for the same.

TAke a red Onion, and rost it very tender: then take of Allysander seeds, and bruise them in a woodden dish, and mingle the Onion and the bruised seeds together, and lay it vpon a peece of linnen cloth: so lay it to the Nauill a little warme: roule that on, and let it lye on 24. houres,

houres: then change it, and take a new one till it be whole.

It is good for the Mid-wife to hold Muske below (tied in a little Lawne) to draw downe the childe.

Take Torch-wort, and lay a leafe of it to the crowne of a womans head warme, to ſtay other flowers.

A Medicine for a womans after burden, if need be, to bring it downe.

TAke Sothern-wood, and waſh it cleane, and ſtampe it, and ſtraine it in ſtrong Ale, and giue it her to drinke warme.

To ſtop the whites in women.

FRy Hemlock in freſh ſwines greace: lay it as hot as ſhe may ſuffer it, to the ſecret place.

For a Tetter.

TAke Oats and seeth them in water, and where the Tetter is, hold ouer the reeke thereof, as hot as may be, laying a cloth ouer it, to keep in the reeke, so that the cloth doe not touch the Tetter: vse this fiue times morning and euening.

To make a Sear-cloth for an a.b that is new y come.

TAke Boares grease, Camphire and wax, and boile them all together, and so make a Sear-cloth thereof, and lay it to the grise.

For a Felon or an Handeome.

TAke Herb-grace, rusty Bacon, sowre Leauen, and Snailes that bee with shels on their backes, taking them out of their shels, and beat all these together, and lay it to the griefe.

For

For to heale any, if they be scalded with hot liquor.

TAke Alehofe and Auens, sheeps suet, and sheeps dung, and Goose dung, and when you haue washed the herbs, breake them all together a little, and so fry them together, & then straine it, and make Plaisters thereof, and lay it to the griefe: warme it a little when you lay it to, laying new plaisters to it twice a day: you may take the iuice of Houseleeke, and sallet oile, and water, and beat them together, and wash the griefe before you vse this Plaister.

A Medicine for the Whites.

TAke a quart of new Milke of a red Cow, 10 spoonefuls of Red-rose water, a pomgranat pill beaten, and a little Cinamon beaten, and seeth it halfe away: sweeten it with Sugar, and drinke a draught morning and euening, and two whites of Egs beaten.

A Medicine for them that are given to bleeding.

MAke a Posset, and take off the curd, and take Liuer-wort, and beat it, and put the iuyce thereof into the Posset-drinke, and drinke it morning and euening warme.

For the heat in the Kidnies.

TAke Housleeke and Plantane, and not wash them, but wipe them with a cloth, and beat them, and straine them, and put to the iuice thereof Red rose-water, and Wine-vinegar, and womans milke, and take the herbs and put them into clothes, and tye the clothes with thred like a couple of bals, and you must (when you doe vse it) haue one to doe it for you in the morning when you are in your bed: and the party must take the bals, and dip them in this liquor, and so bathe your Kidnies; and as soone

soone as one of the bals is hot with doing of them, take the other, and so vse it an houre euery morning.

A Medicine for the Stone.

TAke Pellitory of the wall, Smallage, Hollihockes, Mallowes, Tansie and Saxifrage, of each a handfull: chop them small, and quilt them in a little linnen bag: then take three pints of creame, halfe a pint of Malmesie, a quarter of a pint of running water, and set them on the fire; & when it doth seeth, then put the bag of herbs into the pot, and when the bag is thorowly hot, wring it betweene two trenchers ouer the pot to saue the liquor: then lay the bag to the griefe a hot as you may suffer it; and as soone as it cooleth, make it hot againe in the same liquor, and so apply it to the griefe.

For the Wormes.

TAke a handfull of Basil mints, a handfull of Lauender Cotton, as much of Wormewood, Peach-leaues as much, Feather fue a handfull, of vnset Leekes a handfull: boile them together in three spoonefuls of Wine-Vinegar, and of his own water as much, and quilt them in a bag, and so lay it warme betweene his nauill and his stomacke.

To heale a sore brest that comes with the infection of the milke.

TAke Mallowes and Saffron, and seeth them in Milke, and when it hath sodden a good while, put in some crummes of leauen bread, and boile them well together; and a little before you take it vp, put some Sallet Oyle into it: you must let it boile till it comes to a Poultis, and so lay it warme to your brest: if you perceiue that

that this will not help your breſt without it be broke, you muſt roſt a Lilly root, and lay it to your breſt where you will haue it breake: and when it is broken, you muſt tent it with leauen and milke ſodden thicke together, and make a Plaiſter thereof, and lay it to the place where it is broken: you muſt dreſſe it twice a day, laying the Poultis all about your breſt, ſaue the place that the Plaiſter lyes on: you muſt dreſſe it both with new Poultis and a new Plaiſter twice euery day, till it begin to heale, and then once a day is ſufficient.

To ſtanch bleeding at the Noſe.

TAke Bolerminack, and the white of an Egge, and Vinegar, and beat them together, and make Plaiſters thereof, and lay them to your Temples.

To stanch the bleeding of a wound.

TAke of vnset Hysop, and bruise it a little, and take the powder of the bone that is to be found in a Capers head, and shew the same powder on the Hysop, and lay it to the wound.

Another for to stanch the bleeding of a wound.

TAke Hogs dung hot from the Hog, with Sugar, and lay it to the wound.

For the weakenesse in the backe.

TAke Clary and Dates, and the pith of an Oke, and put them together, and then put them to your creame, and Egges, and grated bread, and fry them together, and shew Sugar on it, and eat it in the morning fasting, and you must put some white Sanders

Sanders in it alſo when you temper it together.

For the Wormes.

TAke Mares milke, and drinke it as hot as you can haue it from the Mare, in the morning faſting.

To know whether a Childe hath the Wormes or no.

TAke a peece of white Leather, and pecke it full of holes with your knife, and rub it with Worme-wood, and ſpread honey on it, and ſtrew the powder of Alefackatrina, and lay it on the Childs Naull when he goeth to bed, and if he haue the Wormes, the plaiſter will ſtick faſt; and if he haue them not, it will fall off.

For one that is bruised with a fall.

TAke ſtone Pitch and beat it, and drinke it with white wine, or ſacke, or Malmeſie; and if you haue none, then take ſome other liquour: then melt Parmacity, and anoint the place where the bruiſe is.

For the Wind-collike.

TAke Parſly-ſeeds, and bruiſe them, and ſeeth them in Sack, and drinke it warme when you haue your paine.

For the Gowt that is newly come.

TAke Rubarb, and grate it, and mingle it with Conſerue of red Roſes, and eat thereof euery morning faſting a prety quantity.

A Water to wash a Sore.

TAke of Plantane, and Wood-bine-leaues, and white Roſes, and ſtill them together, and when the water is ſtilled, put a quantity of Camphire into it, and ſo let it lye in the water continually.

For the ſhrinking of the Sinewes.

TAke the Marrow of a horſe bone, and the crops of Elders, and as much of Sage, and chop them together, and boile them in the marrow, and then ſtraine out the herbs, and put to the liquour one ſpoonefull of honey, two ſpoonefuls of Aqua-compoſita, and a quantity of Pepper, and boile it againe, and keep it for your vſe.

For the Piles.

TAke a quantity of Ragwort, and a quantity of ground-Iuie, and the

the marrow of the hinder leg of a Bullocke, and beat the marrow and the herbs together, and boile them on a soft fire, and straine them, and keepe it for your vse.

A Salue to take dead flesh out of a sore

TAke a spoonefull of Vinegar, and a spoonefull of Hony, and a quantity of Verdi-greace, and as much Allome, and boile all these together, and keepe it for your vse.

For the staying of the Flux.

TAke a new laid Egge, and take off a little of the top of it, and poure out a little of the white, and fill vp the Egge with Aqua Composita, and stirre it together, and roast it, and sup vp the Egge in the morning fasting: till you be well vse this.

Another

Another for the same.

MAke Rice-portage with Almond-milke: you must not blanch the Almonds, and mak little bals of Virgin-wax: make them lesse than Peaſe, and when you doe eat of the Portage, take three or foure of the Bals, and put them in every ſpoonefull as you doe eat it.

For the Gowt.

TAke an earthen pot, and put into it a quart of Aqua-Compoſita, and take two handfuls of Henbane, and breake it, and put it into it, and ſet the pot in the earth all the moneth of May, and it will come to an Oile; and at the end of May, you muſt take it vp, and keepe it for your vſe: you muſt cover the pot very cloſe when you ſet it in the ground; and when you annoint the griefe therewith, you muſt doe it againſt the fire.

For

For the Piles.

TAke Mantlemasse beese, and dry it, and beat it to powder, and then put it into a chafindish of coles, and set it in a chaire, and sit ouer it.

For an Ague.

IF it bee for a childe, take two spoonfuls of good Ale, and seeth it, and scum it, and one spoonefull of the Sirup of Roses, and let him drink it luke warme; if for an old body, then take three spoonfuls of good Ale, and two spoonfuls of the Sirup of Roses.

To make a fresh Cheese.

TAke a quantity of new Milke, and set it on the fire, and let it boyle, and take halfe a dozen yolkes of Eggs, and beat them, and stirre them in the milke on the fire: then take it off the fire, and keepe it stirred till it bee luke-warme,

warme, and then put Runnet into it, and ſtirre it, and let it ſtand till it bee gathered together, and take vp the Curd, and put into it Cinamon and Ginger, and ſtirre it about and make diſhes of it, as you thinke good.

A Medicine for a peſtilent Ague, or to driue any thing from the heart.

MAke a Poſſet with white wine, and take away the curd, and take horſe dung of a ſtone horſe, as hot as you can get it from the horſe, and ſtraine it with the Poſſet-drinke, and put a little Methridate, and Cardus Benedictus water, and Vnicornes horne: and if you haue no Vnicornes horne, then put Iuory or Sea-horſe-tooth, and giue it to the ſicke to drinke faſting in the Morning, warming it, and you muſt put the Vnicornes horne into the ſpoone, and take it with ſome of the Poſſet-drinke, and

and so drinke the Posset presently after it, and vse this two or three mornings.

A Medicine for the soreuesse in the throat that commeth with the Rheume.

TAke halfe a pint of Hony-suckle-water, and two lewes eares, of Plantane and Sicksield halfe a handfull, and a few Columbine leaues: these must be sod with as much white Sugar-Candy as will bring the liquor to a Sirup: you must put in a little Howell, Cinamon, and so take it in the morning, and in the euening, and at such times as your throat is dry.

Another for the falling of the Euahow, or other paine in the throat.

TAke a handfull of red Sage, a spoonefull of Dill-seed, a peece of leauen:

leauen: boyle these in a little new milke till it be thicke: then lay it on foure fine clothes, and lay one cloth to the nape of the neck, and another to the throat, and to each temple one, and binde the clothes, and doe this as often as need shall require: for it hath beene proued.

A Salue for a greene wound.

TAke a pound of Rosin, halfe a pound of Wax, foure ounces of old Swines grease, one ounce of Verdigrease: boile them all together vpon a soft fire, and straine them.

A water to heale all sores in legs, and vlcers.

TAke a pound of Roch-Allme, 4. ounces of greene Coperas: beat them some what small, and put them in a pan on the fire, euer stirring them till they bee molten and dryed againe,

againe ready to be powdred, and beat them againe in fine powder, and keepe them to your vse. When you will make your water, set a pottle of faire Conduit-water ouer the fire, till it boileth fast: then take it away, and as soone as it leaueth boiling, cast abroad your powder on the water, the which will make it to boile: as long as your water riseth, so long cast your powder in; and when it leaueth rising, and is blacke in the bottome, then it is perfect: then, if you see a dangerous sore leg, first cast your powder presently thereon, and lay thereto three or foure fold of linnen cloth wet in water, and roule it vp: doe so till the Vlcer be cleane.

A very good water for a sore mouth.

TAke of Conduit water a pint, one handfull of Hysop, of white wine, and of Almonds a pound, of Roses three ounces: seeth them all together till

till the herbs bee tender: then take it from the fire and straine it, and keepe it for your vse: you must alwaies wash your mouth, and rub it after meat, and in the morning.

A Castle to breake any swelling that is ready to breake.

TAke of Commine, of Hysop, and of quick lime a like quantity: bray them together in a Mortar, till it be very fine: when you would open an Impostume, lay it as big as an hasel Nut vpon the next place, and binde it very hard, and let it remaine there 4 houres: then take it off, for it will make the place dead, & then you may let out the matter without griefe to the patient.

A Catitus Plaister.

TAke of Litrage of gold powdred very fine, common oile, hogs grease

a

a pound, white Coperas foure ounces: put them all together in a brazen Pan, and seeth it ouer a very soft fire of coles, and try it continually vntill it come to a body; and in the boiling you must cast into it one ounce of good Rose-water, or two, and now and then a spoonefull; and when it is come to a good body, take it off the fire, and stir it till it be cold, and ready to be made vp in a rowle, and then make it vp.

To make Populier.

TAke of Populer buds a pecke, of hogs grease foure pound: seeth them both together a quarter of an houre, and then take it off, & straine it: if it be too thin, put in a little Wax.

Basilicon.

TAke Pitch, Rosin, Wax, Sheepes Suet, common Oyle, alike quantity:

tity: beat these small, and put them in a brazen Pan, and melt them all togethe: then take them off the fire, and straine them thorow a coorse linnen cloth, for the Pitch will not be molten: this is good for all manner of sores; and when you will put in a Tent, mix it with the yolk of an Egge.

Maturacum Poultnis.

TAke Onions, Garlick, Dow, Lilly-roots, a like quantitie: roast them all in a wet cloth vnder ashes, and then put them in a Mortar, and beat them small: this is good for all Impostumes to breake them out.

A Medicine to heale old sores.

TAke Plantane, Bramble tops, Orpin, Bettony, Egremony, of each a handfull: straine them, and put thereto Rosin and Wax, of each a quarter of a pound; fresh Hogges grease and Sheeps suet, of each foure ounces:

ounces: boile them all together till the iuice be co[n]fi[r]med: then straine it, and keep it to raise flesh, and heale old sores.

A plaister to heale old sores after they be made cleane, and filled with flesh.

TAke Sallet oyle halfe a pint, Lead a quarter of a pound: boile these till they be black, and keepe them for your vse.

To cleanse a sore, and take away the dead flesh.

TAke Wood-binde flowers, white Roses, Plantane, and still them together; and when it is stilled, take six penniworth of Camphire, and put it into a quart of the water, and set it in the Sun for ten or twelue dayes, and so wash the sore withall.

A medicine for a ſore throat.

TAke a pint of milke, halfe a handfull of Collumbine leaues, halfe a handfull of Gaſell, & halfe a ſcore leaues of Sinkfield, two lewes eares, and ſo the party muſt vſe it euening and morning, and gargaſe it in his throat.

A Medicine that will heale any wound or ſore, and keepe it without proud fleſh, or dead fleſh.

TAke halfe a pound of wax, a quarter of a pound of Sheeps ſuet, a quarter of a pound of roſin, and a quarter of a pound of Turpentine, halfe a pint of Ballet-oile, two handfuls of Bugle which growes in the Wood, a handfull of Smallage, a handfull of Mallowes, a handfull of Valerin, a handfull of Grunſell, and a handfull of Balme: ſtampe and ſtraine the herbs,

herbs, and put the iuice into the foresaid things, being a whsle boiled: then seeth them together a quarter of an houre: then take it from the fire, and let it stand till it bee cold: then take away the Smallage from the bottome: then take some of your Balme-water, and put into it, so much as will make it greene, and let it boile together halfe a quarter of an houre, and so take it to your vse.

A Glister.

TAke Camomile, Bettony, Dill, Pellitory of the wall, Hysop, Rue, of each a handfull: boile these in the broth of a Sheeps head, till the broth bee very slippery: then take a pint of the broth strained, and put two of the Pils of Diabes, of each a crowne weight and a halfe; Diacatholice, Diaphenicon, of each halfe an ounce; Oyle of Camomile, Oyle of Dill, of each an ounce, a little

little ſalt, and a gliſter: if you will haue it breake winde, put into the foreſaid Commine-ſeed, Fennell-ſeed, Anniſeed, of each bruiſed two good handfuls, and boyle all together, and ſtrain it, and make it as aforeſaid, and put in the gliſter.

To take away the heat of a burne, or out of a ſcald.

TAke egges, and roaſt them as hard as a ſtone: then take out the yolkes of them: then take a frying pan, and put in the yolkes of the hard egges, and ſo let it fry til it come to an Oyle: then ſtraine it, and annoint the burne withall: then take a bladder, and annoint it with Sallet-oyle, and lay it to the burne.

To make another Gliſter.

TAke running water, two handfuls of Carmon, a handfull of Mallowes, a handfull of Worme-wood, a

handfull of Mercury, an ounce of Commine, two ounces of Fennell seeds, two ounces of Annifeeds: beat all your seeds, and set your herbs a boyling, and straine them.

A Medicine for one that is broken.

TAke a quantity of Comfrey, a quantity of Knehome, a quantity of knotted grasse, a quantity of Riberuorum, and a quantity of Polipody: stampe them all together, and straine them in Ale, and then giue the patient the same to drinke cold, and trusse him vp with some bolster, and let his diet be but competent, eschewing all slippery meats, as butter, and such like: prouided alwayes, that the patient keepe his bed six or seuen daies, lying vpon his backe, and sometimes hold his belly with his hand.

To make a Poultis for ſwelling.

TAke the crum of Manchet, and ſeethe it in milke till it be thicke: then put in a peece of new Butter about the quantity of a Walnut, or ſomewhat more.

For the Rheume.

TAke a little quantity of Maſticke, and as much Pellitory of Spaine cut in ſmall peeces: ſew them in a little bag of linnen cloth: keep the bag in your mouth till the Pellitory and the Maſticke be conſumed, and ſpet in the meane time as much as you can.

For the Tooth-ache and the Rheume.

TAke a quantity of Gum of Iuie: put it in a little bag of linnen: then wet your bag in Aqua vitæ or Vinegar, and keep it in your mouth till the Gum of Iuie be conſumed: hold the

bagge ouer or vpon the hollow tooth.

A water for the eyes.

TAke a pint of white wine: then heat a stone called Lapis Calaminaris, red hot, nine or ten times in the fire, and quench it euery time in the wine: the last time you quench your stone, stir it about in the wine: then keepe your water in a cleane glasse, and let it stand, vse to put in your eye one drop or two morning and euening.

For the eyes.

TAke Rosemary, Housleeke, red Fennell, and roast an egge, and take out the yolke: beat these herbs togeather and straine them.

For the paine in the head.

TAke of the best sallet oyle you can get, and the flowers of wilde prim-

roses,

roſes, and put them into the oyle, and then ſet it on the fire, and let it boyle halfe an houre very ſoftly: then put it in a glaſſe, and ſet it in the Sunne three weekes, and then rub your temples euening and morning. E.C.

A Gargas for to purge the head.

TAke a pint and a halfe of Wine-Vinegar, Muſtard ſeeds, Ginger, Cloues, Nutmegs, Pellitory-roots, about the quantity of one ounce: when they are beaten, put it into the liquor, and ſtir them together for the ſpace of a week: then gargaſſe it euery morning before you vſe the oyle to your head.

For a pin and a Web.

TAke the oyle compacted of the bone of a Gooſes wing, and rub it in the palme of your hand, that no ſhiuers of the bone do ſtick in it, and

put it in with the point of a pin : for the bigneſſe of a pins head is enough at once.

For a ſwelling.

TAke Barrowes greaſe, and Sothernwood, and Aqua vitæ, and boile it together: and when you haue boiled it, ſtraine it in a pan.

For a Bone-ache.

TAke two or three handfuls of Camomile, a quarter of a pound of ſheeps ſuet chopt ſmall, and a peece of ſtone-pitch of the quantity of a Walnut, and a peece of leauened bread in it crumbled very ſmall: boile it in your owne water, till it be very thicke, that you may ſpread it vpon a cloth like a plaiſter, and lay it on the place where the ach is for foure and twenty houres, and ſo dreſſe it three times : if you doe, it will take away the ache.

A Medicine to heale an old ſore, or a new.

TAke a quarter of a pound of Roſin, and melt it in a pan till it haue left cracking, and then take halfe as much wax, and a little Turpentine and ſheeps ſuet chopt ſmall, and a ſpoonfull of Oile-Oliue, and boile them all together, and when you haue done ſo, ſtraine them in a paile of water, and make it vp euen as you will occupie it, and draw your plaiſters thin, and dreſſe it three times a day, that is to ſay, at morning, noone, and euening, till it bee almoſt whole: then dreſſe it but twice a day, morning and euening: but if there be any core that hinders the healing of it, take a little Mercury, and put it in two ſpoonfulls of water; and when the Mercury is melted in the water, and congealed together, take a feather, and drop in two or three drops, and lay a plaiſter vpon the wound, and it will bring forth the core.

For an Andcorne.

TAke halfe a dozen knots of a young Oake, and put them in a fire-pan, and burne them to a red cole, and take Boares greaſe, and fine ſuet, and two or three cornes of ſalt, and ſtampe them very fine, and ſo make a plaiſter of it; and if it doe draw and heale too faſt, lay line vnderneath the ſalue: you muſt dreſſe it twice in the Winter dayes, and thrice in the Summer-dayes.

The Copie of Doctor Steuens *water.*

TAke a Gallon of the beſt Gaſcoine wine: then take Ginger, Gallingale, Cinamon, Nutmegs, Graines, Cloues, Anniſeeds, Fennell-ſeeds, Carroway-ſeeds, of each of them a dram-weight: then take wilde Time, Hyſop, Lauender, Sage, Mints, red-Roſes, Garden-Time, Pellitory of the wall, and Roſemary, of each of them

them one good handfull, and bray the herbs very ſmall, and ſtampe the ſpices all together very ſmall: put all together into the wine, and cloſe it faſt twelue houres, and ſtirre it diuers times: then ſtill it in a Limbecke, and keepe the firſt water, for it is the beſt: and then keepe the ſecond, for it is good, but not ſo good as the firſt. E.C.

A dramme weight of the ſeed of Collumbine, bruiſed with halfe a peny weight of Saffron drunken with wine, is good for the Ianders: then goe to bed and prouoke ſweat: the flowers diſtilled are good for the ſame purpoſe, and againſt ſwounings.

Pimpinell.

THis herbe is good againſt the Peſtilence, to be taken faſting in a morning, and good againſt the ſtone: the roots ſodden, condited in ſugar,

may profit them that haue cold ſtomacks, and are troubled with too much fleame, the collicke and ſtone: this root, any way taken, is good againſt poiſon.

Mouſeare is hot and dry: ſome vſe to giue the iuice of this common Mouſeare, to hinder the cold of a quartan Ague: ſome vſe to gather the roots in May, and dry it, and giue it to them that are broken: it is good for the bloudy Flix, the great ſcowring of the mother, for wormes both outward and inward, common flixes, for vomiting of choler, and ſpetting of bloud, and burſting, and ſpecially for breaking of the brain pan.

The juyce of Coſtemary drunken killeth both ſmall and great Wormes in the belly: it is good for a cold Mother: it ſtrengthens the ſtomacke, whether it be drunken or laid to, and ſtayeth vomiting: the herbe of this nature, whether it be ſtrewed, or elſe perfume

perfume made thereof, driues away Serpents, and is good against their poysons, and it helpeth and strengtheneth the head.

To take out the heat of a Burne.

TAke the fat of Hogges guts and sheepes trittles, and boyle them, and put them in a pot: this will heale the partie, and take out the fire, and will keepe good a whole yeare: this hath beene proued.

To take the heat out of the face.

TAke running water and Elder-flowers, Plantane, white Daisie-roots, and herb-Robert: put them in the running water, and wash your face morning and euening therewith.

A Medicine for a Canker in one's mouth, proued.

TAke running water, a handfull of Wood-binde leaues, a handfull of Brambie leaues, a handfull of Columbine leaues, a little Rosemary, and boyle them together till halfe the water be wasted: then put in two or three spoonfuls of hony, a peece of Roch-Allome, three or foure spoonefuls of Wine-vinegar, and wash your mouth with the sodden herbs thereof three or foure times euery day.

The Diet drinke.

FIrst buy a diet pot of the common sort, such a one as will cost eight pence or ten pence: then put into it halfe a pound of Liquorice scraped and bruised, halfe a pound of Annisseeds bruised, three quarters of a pound of Lignum vitæ bought at the Turners, and one ounce of the barke

barke of the ſame wood, which is to be bought at the Apothecaries, halfe a pound of Raiſins of the Sunne, the ſtones taken out; a good handfull of Scabious, an ounce of Chiny, two ounces of Salyprilla, a quantity of white wine: then fill vp your pot with faire water, ſauing a pint: then couer your pot with his couer, and cloſe it round about the brim with paſte: then ſet it on a ſoft fire of coales, and let it boile three houres, till the fourth part bee waſted: then put the cleareſt into bottles, and drinke morning and euening a good draught, and ſo doe fourteene or fifteene dayes.

If you put a little of the wood into the fire, and there fry out of it like oyle, then you ſhall be ſure it is good.

For

For the head-ache.

TAke two handfuls of Veruine, Betony, Camomile roots, Lettuce, Cheemete, of each fort two handfuls, dried Roſes: put them to powder of Nutmegs: boyle this in white-wine: then take out the herbs and fry them in Oyle-oliue, and ſtraine them in a cloth, and make an ointment thereof, and therewith anoint the head.

To make the Rheume medicine.

TAke fiue quarts of Hyſop-water: it muſt be ſtilled when the Hyſop beareth flowers; and one pound of Engliſh Liquorice cleane ſcraped, and cut in little peeces: bruiſe them, and then put it to the water, and boile them till halfe be conſumed away: then ſtraine it in ſhallow pans, and ſet it in the Sunne, and ſtirre it now and then, and ſometimes ſet it ouer the fire till you ſee it wex blacke, but doe

doe not boile it, and it will wex ſtiffe with ſtanding in the Sunne, that you may make it in little cakes.

A ſalue for a cut.

TAke ſix ounces of Deere ſuet, foure ounces of Wax, foure ounces of Roſin: ſtampe and ſtraine Velerian, and take the iuyce as much as you thinke will make the ſalue looke greene, and boile them together till it come to a ſalue.

A medicine for the ſtopping of the Liuer, very good for them that haue the Iaundes.

TAke Parſly-roots, Fennell-roots, Aſperigon-roots, Kneeham-roots, Succory-roots, of each the weight of halfe a crowne in ſilver; of Dock roots the weight of twelue pence, a little Liquorice, halfe a handfull of Raiſins of the Sun ſtoned: boile this in three pints

pints of water to a quart, and make Almond-milke with the liquor, and take two parts of sweet Almonds, and one part of bitter: sweeten it with Sugar, or else with sirrup of Succory, and drinke a draught three mornings together, fasting three houres after it; vse this euery month: you may put in Barly husked, and Saxifrage, Maiden haire, and Liuerwort.

For the Wormes.

THe powder of Coralina, to the weight of three pence in siluer, giuen in the water of Couchgrasse.

A Medicine for a quartan or a tertian Ague.

TAke the Herbs and roots called Harts-horne, Plantane and Orpin, and beat them wih a little white wine, and a little bay salt, and so lay it on a cloth vpon your wrist, but bee sure it lye on the places on both armes,

armes, changing it euery foure and twenty houres : be ſure alſo, that you lay it two houres before the fit commeth, and hang nine roots of the Harts horne about your necke in a ſilke bagge, ſo that it may lye vpon the hollow of your ſtomacke, and let it hang till your Ague be gone. You muſt not waſh neither herbes nor roots : and you may take the roots when you cannot get the herbs, and vſe them ſo.

For the Canker in the mouth, or rawneſſe, or in the lower part of the woe.

TAke red Fennel', red Sage, Hyſop, Herbe grace, Roſemary, Hony-ſuckle leaues, Fetherfue, and Daiſie leaues, of each a little qnantity, in all two handfuls : boyle theſe in a quart of running water to a pint: ſtraine it and let it ſtand vntill it bee cleare, and put therein a ſpoonefull of Engliſh Hony, and as much Roch Allome

Allome beaten, as the bigneſſe of a Bean, and boile it together: you muſt take off the ſcumme as it doth ariſe when it is boiled: put it into a glaſſe, and keepe it for your vſe: you muſt warme it when you take it.

A good Medicine for an Andicome, or a botch, or a ſore breſt, or Carbuncle, to ripe or breake them.

TAke a qnantity of Herb-grace, a quantity of leauened bread well crummed, halfe a ſpoonefull of Sallet oyle or Capons-greaſe: boile theſe in good Ale-grounds, and keepe it with ſtirring till it bee thicke; and when you vſe it, lay it vpon a cloth warme to the griefe. This medicine will reſolue a breſt without breaking it, vnleſſe it need breaking: you muſt change it euery day once.

A good Salue to be le it wh.n it is broken.

TAke a quantity of Boares greaſe, of Wax and Roſin, of each a like quantity: you muſt ſcrape the Wax, and beat the Roſin, and boyle them together till they bee melted: then take Lapis Calaminaris and Roch-Allome, as much as a beane of each, and beat them together: then take a ſpoonfull of Engliſh Hony, and put them together, and boyle them againe; and when it is well boyled, powre it into cold water, and make it vp in rowles, and keepe it for your vſe.

A Medicine for a bruiſe.

TAke a quantity of Stone-pitch, as much gray ſope, and beat the pitch finely to powder, and boyle them together with ſtirring till it bee boyled: then take it off the fire, and let

let it coole, and then spread it vpon a cloth, and lay it to the griefe: it must not be thorow cold, for then it will not spread: and if one doe not heale it, then lay on another cloth spred with the same.

An ointment for an Ague-sore, or other sores, and for swellings.

TAke a Bryome roote, and cut off the out side thin: some doe call it wilde vine: slice it, and lay it all night in a pint of Sallet oyle, and then boyle it, straine it, and keepe it for your vse: for this is good to annoint any Ague-sore, or any other swelling. Then take halfe a pint of Sallet oyle, and as much red Lead as you can buy for two pence, and boyle them together, and keepe it stirring till it looke blacke: then take as many cloaths as you thinke will drinke vp the oyle and the Lead, and then coole it, and keep it for your vse.

This oyle and Lead is good for Ague-

Ague-ſores and other ſores. Remember to anoint the ſores with the ointment aforeſaid firſt, and then lay on the Seare-cloth, doing this twice a day, till the ſore be whole. And for ſwelling, you muſt vſe the Bryome-roots and the Oyle only, without the Oyle and the Lead.

An approued good Medicine for the Tooth-ache.

TAke Roſe-water, either red or damaske: take yellow wax a quantity, and freſh butter, of either an equall quantity, and mingle them together in a diſh vpon the coales, and then take a linnen cloth, and dip it therein, and lay it to that ſide of your iaw where you are grieued, as hot as you can ſuffer it; the hotter, the better.

A Medicine for the bloudy Flix.

TAke two toſtes of cheat-bread, & toſte them; and two egges, and roſte

roste them hard, and take the yolkes of them, and the liuer of a chick, and beat all this together small: then put all this into a pint of Charne-milke: then take halfe an ounce of Cinamon: beat it small, and put it in the medicine, and then take of it euening and morning fasting, for so it most auaileth you: but if your stomacke be weake, then put in some sugar to sweeten it.

For the Pin and Web in the eye.

TAke the juyce of Parsly, and halfe as much Hony, and with a feather drop it in the eye; and after it, you must put in some powder of white Sugar-candy: you must dresse it thus very often.

For to take the Ague out of any place where it doth fall.

TAke Succory, a pretty quantity of it, and mingle it with some Boares greese;

greaſe, and ſpread vpon the cloth, and warme it againſt the fire, and lay it to the place.

A Medicine for a greene wound.

TAke a quantity of Venice-turpentine, and waſh it in faire water till it be white: then take a plaiſter thereof, and lay it to the wound till it bee drawne: then take the yolke of a new-laid egge, and adde thereto a ſmall quantity of fine wheat flower, and a little freſh butter, and mingle them together, and lay a plaiſter thereof vnto the wound after it is drawne, with the Turpentine.

Another Medicine to bee taken inwardly for a greene wound, to be taken in Ale, or Beere: it is likewiſe good for the ſhutting of a bone broken or cut, either for Man or Beaſt.

TAke juyce of an herbe called Bonwort, to the quantity of 3. or foure ſpoone

spoonefuls or more, according to the stomacke of the party that is hurt: take the same quantity and drinke it either in the milke, or as before is written, three or foure seuerall mornings fasting, or ofter if you will, and it will free the party: when the herbe is not to be gotten, then you may vse the root, and it will auaile as much.

If the wound be but little, either this drinke, or the medicine before written, will helpe it: but if it be great, you must vse both together.

For to heale wounds and sores.

TAke Rosin and Frankincense, of each foure ounces, of white Wax and Olibinum, of each three ounces; of Harts suet, of Masticke, of each an ounce; Venice turpentine halfe an ounce; white Wine a pint; melt the Rosin, the Frankincense, and the Harts suet together: then straine it in a pan, and put thereto all the white Wax,

Wax, the Olibinum, and the Maſtick made into powder, and the white wine: boyle all together till the wine be conſumed: then take it from the fire, and ſtirre it till it be almoſt cold: then put in the Turpentine, and make it in a rowle, and keepe it in Parchment or Leather.

Another.

TAke Calamint, Peniryall, of each a like quantity, Nigella-romana-ſeed a little bruiſed, a French crowns weight: boyle all theſe in poſſet-drink made of white wine and Ale: a good draught euening and morning you muſt drinke.

A Medicine for the head-burning that long time hath beene.

TAke a quantity of the Gaule of a Hare, and as much Hony: mingle it together a good while, till it turne red, and with it anoint the fore-head,

and all the aking shall be taken away: this is a pretious ointment.

For to set a bone, or heale a broken bone in man or beast.

TAke the juyce of Comfrey-roots, and wilde Daisie-roots, and boile them with Turpentine and yellow wax, and make a flat plaister thereof, and lay it to the griefe, and set splinters about it, and rowle it to keepe it stiffe once in fiue dayes, vntill it bee whole: you must drinke the juyce of the roots nine dayes in some liquor, either to man or beast, when you vse the plaister.

For the Piles.

TAke new milke, and thicken it with Oat-meale finely sifted thorow a sieue, and let it seeth till you make it vp like Suppositaries: then take it up, and cut off the outside of a Race of Ginger, and grate it, and mingle

mingle it together, and ſome of it make into a plaiſter, and the reſt make like Suppoſitaries, and put them vp as you doe Suppoſitaries: then lay a plaiſter on the place, and vſe this till you be whole.

A Medicine for a Rupture in old or young.

TAke Knotwort, Ribwort, and Comfry, of each a like quantity; waſh them, and dry them, and ſet them in the ouen when the bread is drawne, that ſo they may dry: then beat them to powder; then ſearce them finely thorow a Searce or Sieue; and looke what quantity you take of the herbs when they be dried, take halfe ſo much Anniſeeds, and beat them wih the powder of the herbs, and ſearce them: and thus hauing made the powder ready, when you will vſe it, take as much of the powder as you can lay, for take vpon a good broad ſix pence, and fourteene mornings together giue it

to the party to drinke with a little Malmſie faſting, and anoint the place firſt with oyle of Spike mingled with any other thing: and alſo take ſuch herbs as you make your powder of, and ſeethe them in faire running water vntill they bee tender, wringing the water out of them, and apply them to the place as hot as the party can ſuffer it, and let not the truſſe be too ſtrait, leſt it force the place to rent further. Take the herbs to make the powder within May, when the chiefe ſtrength is in them: the Knotwort beares a little watchet-flower. This hath beene proued on children ſo borne, and on old folkes that haue beene fiue and twenty yeares broken, and doth helpe all ſorts, that with good vſage doe not abuſe themſelues, through the grace of God.

A Medicine to be vſed during all the time of the Plague; good againſt Infection.

TAke a pint of white wine vinegar, and halfe a pint of Iene Trekle, and a quantity of Bole Armoniacke, otherwiſe called Bolles verus, and ſtirre all this together, and take three ſpoonfuls in the morning faſting, and faſt an houre after it, and take three ſpoonfuls an houre after ſupper.

Another Medicine for paine in the head.

SEethe leaues of Agrimonie with Hony, and giue them to drinke, and draw it thorow a cloth, and keepe it in a box, and therewith anoint your head, and waſh your head in the water that Celandine is ſodden in.

For the aking of the head.

SEethe Puliol in Ayfill, and then put it in thy nole. Take Rue and Fennell, and feethe them together in water, and wafh therewith the head.

For a Felon of the head that fwelleth the head of a man: and that before written is for the fame.

TAke the greafe of an Hart, and Hony, and Barly-meale, and Otetreft, and Moycell, and ftampe them together, and after fhaue thy head; then make a plaifter, and lay it to thy head as hot as you may fuffer it, and let it lie till it be whole.

For all Evills of the head.

TAke Rue, and ftamp it with ftrong Ayfill; mingle it, and wafh the head therewith.

For

For the Carbuncle or the Posume in the head.

TAke Wormwood, Origanum, Mayron, by euen portions, and seethe them in sweet wine, and after that wring out the juyce, and lay it to the eares of the sick with two sponges, as hot as he may suffer it; vse this two or three times, and he shall be whole

For the Megrim, Posume, Dropsie, Feuer, and all manner of aking in the head.

TAke a penny-weight of the root of Pellitory of Spaine, six peny-weight of Spicardy, and grinde them together, and seethe them in good Vinegar, and take a Saucerfull of Hony, and fiue of Mustard; and when the liquor that is boyled is cold, put thereto the Hony and the mustard, and stirre them well together, and let the sicke vse thereof

halfe a spoonfull at once, and hold it still in his mouth the space of two creeds saying, and then spet it out into a vessell, and doe so ten or twelue times; a good while after hee hath eaten at noone, and a little before euen ten or twelue times: and when he goes to bed, take and wash cleane his mouth, and drinke a draught, and goe to bed: vse this Medicine three dayes, and he shall be whole.

For the head-ache.

TAke and seethe Veruine and Betony, Sisles, & Wormwood: wash the parties head with the water thrice in the weeke, and take the herbs, and make a plaister, and lay it vpon the vpper part of the head on this wise.

TAke the herbes aforesaid when they are well sodden, and wring out the juyce of them, and then stamp them in a mortar, and temper them with the water wherewith they were sodden,

ſodden, and put thereto the bran of wheat for to hold the juyce of the herbs, that it goe not out, and make a garland of linnen that may goe about the head, and bind the plaiſter vnder it as hot as the ſicke may ſuffer it: doe this three times, and he ſhal be whole.

Another.

CLoues comfort the ſtomacke, liuer and heart: they helpe diſgeſtion, and ſtop the bely: they quicken the eye-ſight, and ſcowre away the clouds and hawes of the eyes: they are good againſt all cold diſeaſes, and they are hot in the third degree. The oyle of cloues is very good for a cold ſtomacke, and for any other place that hath need of warming, as a rhumaticke braine.

Another.

TAke of litrage of lead foure ounces; of Vinegar, common Oile, a

like quantity: put the litrage in a mortar, and put a little of the vinegar, and a little of the oyle, and beat them together, and so put in by a little and a little all your oyle and vinegar: you must beat them two houres together; it must be as thick as your green salue.

Another.

TAke Camphory, Hearts-ease, Priuit, Plantane, of each of them a handfull; bruise these in a Mortar, and put thereto Harts suet, fine Sallet oyle, of each dim.li. mingle them well together, and let them stand foure and twenty houres; then put them into a pan or brasse pot, and put thereto Wax and Rosin broken in small peeces, of each dim.lib. let these boyle all together ouer a fire of coales, till the juyce of the herbs be consumed, and the oyntment green; then straine it thorow a canuase-cloth into some pot that you will keep it in; and when it begins to be cold, then put thereto foure

foure ounces of Venice turpentine; ſtirre all together vntill it be thorow cold, and keepe it cloſe couered.

Another.

THe Wine of Eye-bright is made for the eyes, by putting the herbs into the Muſt till it be perfect Wine; whoſe vſe make the eyes of old men looke young: for it is hot and drie; and the powder of it beaten with the yolke of an egge, worketh the ſame effect: the powder receiued in Wine, if the Wine be too ſtrong, put in Fenell-water or Sugar.

A Medicine againſt the ſtone in the backe, or bladder, or for the weakneſſe of the backe, which is called the running of the reines.

TAke Venice turpentine, and waſh it in Roſe-water, either red or damaske, vntill it looke white: then diuide it into ſmall balls, as you may eaſily

easily swallow to the full quantity of three hasell-nuts or thereabout: then roule them in sugar, to make them the more easie to bee taken: then swallow them in the morning fasting, and fast foure houres after them: take these three or foure seuerall mornings together, and in your water you shall finde much grauell.

To take away the pock-holes, or any spot in the face.

TAke white Rose-water, and wet a fine cloth therein, and set it all night to freeze, and then lay it vpon your face till it bee drie: also take three poppies, the reddest you can get, and quarter them, taking out the garbage: then still them in a quart of new milke of a red cow, and with the water thereof wash your face.

To make Snow.

TAke the whites of fiue or ſix egges, a handfull of fine Sugar, and as much Roſe-water, and put them in a pottle of creame of the thickeſt you can get: beat them all together: as the Snow riſeth take it off with a ſpoone: you muſt beat it with a ſticke clouen in foure: then muſt you take a loafe of bread, and cut away the cruſt, and ſet it vpright in a platter: then ſet a faire Roſemary-branch in the loafe, and caſt your Snow upon it with a ſpoone.

A Medicine for the piles.

TAke the herbe called Torch-wort: it groweth high, bearing a yellow flower, blowing out of the ſtalke, the leaues look hoare. Take the juyce and boyle it with freſh butter a little while, and keepe it cloſe, and vſe it

it euening and morning: if a Cowes vdder be stung or bit with a Snake or such like, take Lauender, and wash it cleane, and seethe it in chamber-lie a good while, and wash it euening and morning warme: you may put a little fresh butter in it, and milke out the milke when you doe it.

A Medicine for a Cold, or a Burne, or a Sore, approued.

TAke Waterfuck leaues, otherwise called Hogwort leaues, Ally-house, Daisie roots, leaues and all, and a little Rosemary; wash them, stamp them, and boyle them in creame till it is butter: then straine them, and apply it warme to the burne; pricke the Water suckleaues, and lay them vpon it, dressing it twice a day, or three times, if need be. To heale a sore put Turpentine, Rosin, and Wax in it, dressing it with Lint.

For the Stitch.

TAke Stitch-wort, Bay leaues, Holly without prickles, of each alike quantity, the juyce, graines beaten: drinke it in Ale warme.

For the swelling.

TAke the grounds of good Ale, Glouers shreds, and white-bread crummes, and Sage: boyle them, lay it to warme: it will swage the swelling and the ache: it hath beene proued.

For the Tooth-ache.

TAke Organy that groweth close to the ground, and tasteth like Aqua vitæ: bruise it, lay it to the tooth; Buglosa pastoris will doe the like.

For a Bite, or Felon, or sore legge.

SEethe a pint of Ale to two spoonfuls, like a sirup: pricke a peece of leather with a pinne: it will heale it without breaking: if it bee broken, take lint to the hole with some salue: let it lye foure and twenty houres: lay it to cold.

For the Scratches of a horse legge.

TAke Vinegar, Mustard-seed, Gunpowder, boyle them: wash it hot three or foure times; proued.

For the Gowt.

TAke Mallowes and Sengren: beat them, and boyle them in water: then straine them, put Oat-meale-groats soked in vinegar, and sheeps suet vntried: then boyle it to a poultis; proued.

For

For the Ague.

TAke a red Onion cut ſmall, ſix and fifty graines of Pepper beaten ſmall: binde it to the wriſt halfe an houre before the fit; proued.

For the Gowt.

TAke a fat Whelpe of a Hound: ſcald him like a Pig: garbage him in the ſide: then take red Nettles ſtamped with two ounces of Brimſtone, foure ounces of Turpentine, foure yolkes of egges: ſtuffe the belly, and ſew it vp: roſte it with a ſoft fire: ſaue the dripping: annoint the place: it is good for ſinewes and crampe: it will driue it away: for the like effect, Oyle, Nettles, Whitewine, boyle them, apply them hot.

For the Sciatica.

TAke the gall of a Bull, a quart of wort: boyle it to a pint: then put in

in a pint of Vinegar, frankincense, one ounce in powder, of Honey halfe a pound, of Commine halfe a pound in powder: boyle it thicke: spread it on leather, lay it to hot two or three dayes: lay a linnen cloth betweene the skin and the plaister; the plaister will serve many times proued.

For the Tooth ache.

ALlom as big as a Walnut, Garlick an handfull, twenty Beanes, an handfull of Bay-salt, Pepper; beat it together: lay it to the wrists twentie foure houres or more.

For to stop the bleeding of a wound.

THe wooll of an ink-horne, Sanguis draconis, and Bellarmonick, and the whites of egges laid on too.

For a Conſumption either for old folks, young folks, or children.

TAke Long-wort, Liverwort, Harts-tongue, of each a handfull, red Mints, red Sage, Mother of Time, of each a handfull, Parſley and Fennell-roots, the paths out of each, halfe a handfull, Liquorice an ounce, Anniſeeds an ounce, Sceeny two ounces, Turbet an ounce, Capdate two ounces, Cinamon an ounce, Nutmegs two ounces, white Sugarcandy foure ounces, Rubarb an ounce ſliced: ſtampe your ſpices, and your ſeeds, and beat your other Apothecary-ſtuffe, and ſhred your herbs fine: boyle it in three quarts of Renniſh-wine to a pottle; ſtraine it; drinke foure times a day a quarter of a pint at a draught warme; put in a peniworth of Aqua vitæ, and as much Saffron beaten fine: after it is boyled, if the Patient bee laxatiue, leaue out your Rubarb, Sceeny, and Turbet, and

boyle

boyle it in wort; it is best in wort for children: for aged folks that be weak, boyle in the stone of a Boar, or a Ram, or a horse is best: one stone is enough for one time: you may take one to purge, and another not to purge: the second receit is enough; purge first.

To make one make water.

TAke the stones and kernels of Peaches and Medlers: beat them fine: sift them thorow a searce; put in Sugar, drinke it in white-wine.

To make a Seare-cloth.

TAke a pound of Stone-pitch, as much Rosin as a great Walnut, & twice as much clean Wax, a spoonfull of fresh swines grease; boyle all together till it be well mixt; then coole it in water; then oyle your hands with Hogges grease, and labour it in your hand an houre and more, till it will cleave to your hands.

For the same, and the best for all manner of aches.

TAke Rosin dim. li. of Perrosson a quarter of a pound, as much Gum mastick, a quarter of a pound of Deer suet, two ounces of Turpentine, one ounce of Cloues and Mace, of Saffron two ounces, the liquor must be Oyle of Roses.

A soueraigne Medicine for a great ache.

TAke Sparmacity eight peniworth, of Oyle two d. of black Sope halfe a pound, of butter without Salt as much as a great Walnut; boyle it on a chafingdish of coals halfe an houre, stirring it well from the bottome: spread it on leather, as broad and as long as your griefe; lay it to foure or fiue dayes.

To make a good Oyntment or Salue for any sore.

TAke a good handfull of Sage, as much of Plantane, as much of Brown-wort, as much of Hony-suckles, as much of Tutsame, as much Velerion: boyle all these in May-butter till it be browne: then straine it, and put in a quantity of Virgin-wax: then boyle it againe.

A good Receipt for all maner of sores, old or new, named, The gift of God, praise be to him

TAke Betony, Veruin, Pimpernel, Bugle, Smallage, Plantane, Scabeas-water, Agrimony, of each a like; stampe them together; boyle them together in a gallon of white-wine to the third part; then straine them, and put to them a quantity of sheeps suet, and halfe a pound of Wax, dim. lib. of Rosin, dim. lib. of pitch, one

one lib. of Olibinum, and boyle it againe.

For Bags in the Fundament.

TAke the yolke of an hard egge roasted, the oile of Roses, and Marigold-leaues: beat it together, lay it to hot.

To kill a Tetter.

TAke greene broome: boyle it in a quart of running water halfe away: bathe it with it.

For the Pestilence.

TAke the water of Betony, and Pimpernell, Turmentill, or Scabeas; mix it together, drinke it nine dayes fasting, and feare no Pestilence.

For-

For one that is taken within the body, or any place.

TAke Rose-cakes, Aqua-vitæ, and Rose water; heat it on a chafing-dish of coales; lay it to the stomack; they shall mend by Gods grace.

For the Ague or Cold.

TAke greene Alderstickes; take the inner rinde, a handfull; beat them, drinke it in Ale fasting; fast three heures, walking after it; then eat a Caudell.

Another for the Ague.

TAke a spoonfull of juice of Orenges, as much Aqua. vite, mingle it with a yolke of a new laid egge in the shell, sup it vp fasting once or twice.

K. Henry the eight his perfume.

TAke six spoonfuls of compound water, as much of Rose-water, a quarter

quarter of an ounce of fine Sugar, two graines of Muske, two graines of Amber-greece, two of Ciuet: boyle it softly together: all the house will smell of Cloues.

For the Strangurian.

TAke Hore-hound one handfull and a halfe, red wine halfe a pint, oyle oliue fiue spoonfuls: boyle it together, put it in a linnen cloth to the small of the backe, as hot as may be.

To cleanse a wound.

TAke Beere, Wheat, Stone-flower, and Hony: boyle it thicke: apply it to.

For the Gowt.

TAke Worme-wood, Wall-wort, Wheaten-bran, Cow-dung, and salt; boyle it in vinegar: plaister it to the griefe.

For a Bruise.

TAke halfe a pint of Sallet-oyle, as much oyle of Roses, as much Aqua

vitæ, and three or foure score Snailes that beare shels: stampe them small, and boyle them to oyle.

To keepe one laxative.

TAke a new-laid egge: put out the white, then put in new butter vnsalted; heat it, then eat it, vse it often.

Two remedies very good against Wormes in little children.

TAke flowre of Wheat well boulted, as much as will lye vpon three crownes of gold; put it in a glasse, and powre into it Wel-water, so much as will steepe the said flowre, and make it looke as it were milke, and no thinner: then giue the childe drinke of it, and you shall see with his excrements the wormes come forth dead, which is a very good remedy.

The

The second remedie against Wormes.

FOr children that be so little, that the medicine cannot be ministred at the mouth, you must take very good Aqua vitæ, wherewith you must wash or wet the stomacke or brest of the childe: then powre it upon the said place with the powder of fine myrrh, and lay the childe downe a little while with his brest vpward, and you shall see incontinently the Wormes, with the childes dung, come forth dead.

To heale children of the Lunatick disease, which happeneth vnto them by reason of a worme with two heads, that breedeth in their bodies: the which worme, comming to the heart, causeth such a passion in the childe, that oft times it kils them.

TAke the tender stalkes of a Wilding tree, & dry them in the sha-

dow: then stampe them well, and sift them, and take of the said powder and roots of Gention, and of long Pyome, of each of them a quarter of an ounce, and a quarter of an ounce of myrrhe: all these well beaten to powder, you must put in a dish, or some other vessell, and moist them with a little water; then take of it with your two fingers, and wet the lips and mouth of the childe: doe this three or foure times, and you shall see the worme come forth dead with the excrements.

A remedy for the Falling-sickenesse.

TAke Germander gathered in May, when it is in the blossome: dry it in the shadow, and make it in powder, and when you will vse it, take the yelke of an egge or two, and stir and breake it with a spoonfull of the said powder: then seethe it, and giue it to the Patient to eat: doe this morning

ning and euening eight dayes, abſtaining from wine, carnall company of women, from all Pulſe, Beans, Peaſe, Fetches, Tares, and ſuch other, from Sallets, Salt-fiſh, and from all other things that are hard of concoction and digeſtion; a very good and notable ſecret.

A Medicine to cure the biting of all venomous beaſts.

AS ſoone as the party feeleth himſelfe bitten with any venomous beaſt, or as ſoone after as may be, take greene leaues of a Fig-treee, and preſſe the milke of them three or foure times into the wound: and for this, ſerueth alſo Muſtard ſeed mingled with Vinegar.

To draw an Arrow-head or other iron out of a wound.

TAke the juice of Valerian, in the which wet a tent, and put into the

wound, laying the said herbe vpon it stamped: then make your binder as best fitteth, and by this meanes you shall draw forth the iron, and after heale the wound.

For a knocke or fall, causing a bunch vpon the head.

TAke an ounce of Bay-salt, raw Hony three ounces, Comin three ounces, Turpentine two ounces: mingle all these well vpon the fire: then spread it vpon a linnen cloth, and make thereof a plaister, and lay it hot to his head: the which will asswage the swelling, and heale the hurt.

A secret remedie against the Pluriſie.

OPen a white loafe new baked, in the middle, and spread it well with good Treacle on both parts, vpon the crummie sides, and heat it at the fire: then lay one part vpon the place of the disease, and the other part

part on the other side of his body directly, and so binde them that they stirre not, leauing them so a day and a night, or vntill the impostume breake, and then take away the bread, and immediatly the Patient will spit forth the putrifaction of the impostume; and when he hath slept a little let him eat, and by Gods helpe he shall shortly be well.

A very good remedy for a wound with a sword, staffe, stone, or such like.

TAke Taxus Barbatus, stampe it, and take the juice of it; and if the wound bleed, wipe it and make it cleane, washing it with White wine or water; then put the juice vpon the wound, and the herbs vpon it, eat of the which you tooke the juyce: then binde vp the wound, and in one day you shall see a wonderfull effect.

Againſt the diſeaſe or griefe of the Flanks, and the Colliake-paſſion, experimented and proued diuers times.

TAke halfe a glaſſe or leſſe of the juice of Barbaries when they bee very ripe and red, and put into it as much red Corall as will lie vpon two groats, well broken into powder, and giue the Patient to drinke thereof.

Another perfect remedy for the ſame diſeaſe, and to make a man piſſe within halfe an houre, that hath not made water in three or foure dayes, and will breake the ſtone within ten or twelue dayes.

TAke fine powder of Virga aurea, and put a ſpoonfull of it into a new laid egge ſoft roſted, and giue the Patient thereof in the morning to his breakfaſt, and let him not eat in foure houres

houres after, and then he ſhall make water in leſſe than halfe an houre, and let him vſe this for the ſpace of ten or twelue dayes as aforeſaid: the Patient ſhall void the ſtone without any paine or griefe.

A remedy for ſpetting of bloud, occaſioned by the breach of ſome veine in the breſt.

TAke Mice dung beaten in powder, as much as will lie vpon a groat, and put it into halfe a glaſſefull of juyce of Plantane with a little Sugar, and ſo giue the Patient to drink thereof in the morning and euening: continuing the ſame he ſhall be ſound.

Againſt the griefe of the Lungs, and ſpitting of bloud, a remedy experimented and tried.

TAke an herbe called Farfara, or Tuſſilago at the Apothecaries, Vngula Caballina, in Engliſh called

Colts foot; in French; *Pat de lion*: incorporate it well with the lard of a hog chopped, and a new laid egge: boyle all together in a pan, and giue the Patient of it to eat nine mornings. This is also good to make one fat.

Against a stinking breath.

TAke Rosemary leaues with the blossomes, if you can get them, and seethe them in White-wine with a little myrrhe and Cinamon, and you shall finde a maruellous effect, if you vse it often in your mouth.

Against the biting of a mad dogge, and the rage of madnesse that followes the party bitten.

TAke the blossomes or flowers of wilde thistles, dryed in the shade, and beaten into powder, halfe a nut-shell full; put into White wine, and drinke it, and in thrice taking it you shall

ſhall be whole. A thing tried and experimented.

A Medicine for watry eyes.

TAke a red cole-leafe, and anoint the leafe with the white of an egge: when you goe to bed lay the ſame to your eyes.

A Medicine for ſore eyes.

TAke a little ground Iuy, and ſtraine it and womans milke together, and let it be ſomewhat greene of the Iuy, and then drop a drop or two into the eyes.

Another for the ſame.

TAke Fennell-water ſtilled, and hiue Hony: mingle them together, and put a drop or two into the eye. Theſe are approued.

To make water for the eyes to kill the heat of any sore.

TAke red Sage, and boyle it in Smiths water till the third part be consumed: then straine out the Sage very hard, and put into it a quantity of the liquour, a peniworth of Allome, and as much of white Coperas, after you haue taken it from the fire, and anoint your eyes therewith.

Another for the same.

TAke the leaues of red Brambles, of Plantane, and Hony-Suckles, boile them all in running water from a quart to a pint, and vse it to the sore.

A Medicine for the Pin and Web in the eye.

TAke the white of an egge being hot; take out the yolke cleane, and put

put thereto a good quantity of Sugar-candy: then ſtraine it hard thorow a cloth, and therewith make a water, and euery day two or three times drop it into the eyes.

A Medicine to cleare the ſight.

TAke Red-roſe-water, cleane myrrh as much as a nut: breake it into powder, and binde it in a linnen cloth, and let it lie in the water twelue houres: then take of this water, and put it in your eyes, and it will cleare your ſight.

For a pearle in the eye.

TAke red Fennell, and the leaues and roots of white Daiſies: vſe them without any liquour, and put together three ſpoonfuls of either of them: then take one good ſpoonfull of clarified Hony, and two or three ſpoonfuls of womans milke, and drop this into your eye three or foure times

times a day: and if there be any sight in the eye, this will cure it.

For eyes that are blasted.

TAke a toste made of Brown bread, and lay it in red wine that is not mingled, and let it lye vntill it be soked halfe an houre; then put it into a fine cloth in two peeces, for each eye one: the fine cloth must be betweene the eye and the toste. Dresse it when you goe to bed at night.

To purge the head and eye-sight.

TAke the juyce of Hey-hoo, and put it into your nostrills, and the fleame and running water will follow.

For eyes that be red and sore.

TAke Fennell, Veruin, Roses, Salendine, and Rue, of each two

ounces, and diſtill all together: and when need is, then put a drop or two into the ſore eye: for it is good for all manner of diſeaſes in the eye.

Againſt the paine of the eyes.

TAke the yolke of an egge roaſted hard, and laid to with Roſe-oyle and Saffron: put in the juyce of Baſill.

For to ſee well.

TAke Eye-bright, red Fennell, of each halfe a handfull: of Rue one quarter of an handfull: cauſe theſe to be diſtilled, and waſh your eyes dayly with the water.

For the aking in the legge.

TAke a peece of ſowre leauen, and as much Barme, and as much blacke Sope: temper them all together, and ſo ſpread it vpon a linnen cloth,

cloth, and put it to your legge where the heat is, and change it twice a day, and by Gods helpe it will heale you in three or foure dressings.

A Diet-drinke for a Consumption.

TAke a gallon of running water measured by Ale measure, and put thereto an ounce of Cinamon, an ounce of Cloues, an ounce of Mace. a dram and a halfe of Acter-roots, and boyle it till it come to three quarts: let this be your onely drinke till you doe amend.

A Medicine for the head-ache.

TAke a handfull of Rosemary, two handfuls of Betony, and a spoonfull of Hony: and seethe them all in Malmesie, and wash your head therewith.

Another

Another for th. head ache.

TAke fiue Nutmegs: grate them, and ſeethe them in Malmeſie till they be thicke: make a plaiſter thereof, and lay it to your temples.

For winde and ſhiotings in in your head.

TAke Egremonie and Cinamon: bray them, put them in Ale, and lay it to the temples of the head; and if the paine remoue, lay it where the paine remoueth.

Another for the head-ache.

TAke a handfull of Camomile, a handfull of Peniriall, a handfull of Sage, a handfull of Wheat-bran: chop them all together ſmall; boyle them in a pint of ſharpe Vinegar till they be thicke, and thereof make a plaiſter, and lay it to the temples of the

the head as hot as you may suffer it, & it shall (by Gods helpe) doe you good.

Another for the same.

TAke a peece of raw beefe, and lay it on the nape of your necke, and shift it euery night when you goe to bed: vse this as often as you see good; proued.

Another for the same.

TAke an ounce of Oyle of Roses, two ounces of white vinegar, foure ounces of Plantane-water: mix these together, and wet a linnen cloth in it, and lay it to the temples.

A Medicine for the Megrime in the head.

TAke Housleek and garden-worms, the greater part being Housleeke: stampe them together, and put thereto fine flower, and make a plaister on a fine cloth, and lay it to the forehead and temples.

Another for the ſame.

TAke Muſtard-ſeed, and temper it with Vinegar: make an oyntment thereof, and lay it to the Temples in a plaiſter, and another in the nape of the necke behinde where it is not ſore, and it will auoid and ſhortly be whole.

A Medicine to keepe vp the pallat of ones mouth.

TAke a peece of wheaten leauen, and Commine ſeed beaten in a mortar, a quantity of Bay-ſalt, and Red-roſe-vinegar, and Red-roſe-water: put them into a bag of cloth, and lay it to the mould of the head.

To dry vp Rhume in the head.

TAke a quãtity of dried roſe-leaues, the flower of Camomile, Baſill, Mar-

Marjoram, all dried ; a quantity of Cloues and Mace, grosse bruised ; a Nutmeg, and a quantity of Dill seed, all quilt in a cap.

A Poultis to coole any place, either face, or any where else, that is red and full of hot pimples.

TAke Horsleeke, Mallowes, Purselane, Water roses, called Numum: beat all these, and take the juyce of them, and put a little oyle of Roses to them, and wash the place with it, or stampe the herbs till they be thick like pap : then seethe it with a little Rose oyle and Wax, and then you may lay it on as a plaister.

Against red pimples of the face.

TAke an ounce of Camphire, as much brimstone beaten ; myrrhe, Frankincense, of each foure drams, of Rose-water a pound; put all these in

in a glaſſe, and ſet it in the Sunne ten dayes, and then lay it on the places.

Another.

TAke the diſtilled water of Aſh-tree, Tamareds oft eaten, Wine of Strawberries laid vpon the face.

Another.

TAke the diſtilled water of Mulline and a little Camphire mixed together, and laid to the face.

A Medicine for them that are deafe, ſo that they haue heard before.

TAke the juyce of Bittaine, womans milke that hath a man childe; mingle them together, and dip a peece of blacke wooll in it, and put a peece of it into your eare, for the ſpace of ten or eleuen dayes or more: if it happen that this will not take away the deafeneſſe, then take the milke of

a

a Cow, and seethe it with Oat-meale and juyce of Bettony, and lay it plaister-wise ouer the eares, night and day for a long time.

To make an ointment for a red face.

TAke halfe an ounce of Camphire, two drams of Sulpher-vinum, and an ounce of Deeres suet; melt the suet and the Camphire together, then put in the Brimstone, fine ground in a mortar, when the other is almost cold, and set them no more ouer the fire after the Brimstone is put in. These being laid on all night, will take away the heat and the pimples.

Another for the same.

TAke as much Mercury sublimate as a Beane, and twice as much Allome, and put them in a quart of faire water, and boyle them together with two or three cornes of Bay-salt, and bathe your face therewith often in a day

day with the ſame cold, and open the pimples with your fingers before you waſh.

For a ſore mouth.

TAke a quart of white wine, a quart of water, a pint of wine vinegar, a good quantity of red Sage, two peniworth of Mercury, halfe an ounce of Roch-Allome, a quantity of Roſemary, a greater quantity of Woodbine-leaues, and three ſpoonfuls of Hony: ſeethe them together, and waſh your mouth therewith.

A water for a Canker and ſore mouth.

TAke Roſemary-croppes, Sage, Singfield, Woodbine-leaues, Allome, hue Hony, or pure Hony boyled in Spring-water, halfe a handfull of each of the foreſaid herbs boyled in three pints of water, till they haue boyled a third part away, and keepe it in a glaſſe ſtopped, and

and wash your mouth with it.

For a Canker and soreneſſe in the mouth.

TAke two ounces of fine Coperas beaten to powder, halfe a pint of faire water, and let the ſame Coperas be inſtilled or ſteeped two dayes and two nights: then ſtraine the ſame tefly thorow a linnen cloth; then take a ſpoonfull thereof, and waſh your mouth and throat with it faſtly, bloud-warme, but drinke none of it. This medicine will not continue good aboue fourteene dayes; therefore you muſt make it freſh as occaſion ſerues: you muſt take it morning and euening.

A Medicine for the Mother that riſeth in a womans ſide.

TAke Aqua-compoſita, and beat Bay-berries in powder, and put it into the Aqua-compoſita, and put a ſpoone

ſpoonfull or two in a draught of beere or Ale, and ſo drinke it.

A Medicine for the pricking of a needle or thorne in the ioynt.

TAke faire boulted flower of wheat, and temper it with white or red Wine, a little Oyle-oliue, and a few Roſe-leaues: ſeethe them together till it be plaiſter-thicke, and lay it to as hot as you can ſuffer it: it will draw forth the needle, and eaſe the ache.

A Medicine for a Canker that eateth mans fleſh.

TAke Wheat-bran of the ſmalleſt powder, the juyce of Smallage, the juyce of Woodbine, burnt Allome beat into powder, and a little hony; mingle all theſe together, and make a plaiſter of it, and lay it to the ſore, and it ſhall deſtroy the Canker.

For a Bruise.

TAke Virgin-way, and Comminе-seed well beaten : mix them together, and lay it to the sore plaister-wise.

For a white Scall.

TAke Sallet-oyle beaten with the whites of egges till they be therowly wrought together : cut away the haire, and so anoint the head, and lay a bladder vpon it.

A Medicine against all Stitches.

TAke Linseed, and boyle it in new milke : make a plaister thereof, and lay it to the grieued place.

A Medicine for a sore brest.

TAke Groundsill, and chop it small, the grounds of small Beere, wheaten

ten bran, and sheepes suet beaten in a mortar: boyle them all together, and lay it plaister-wise to your brest.

A Medicine for swelled brests.

TAke white wine, wheat-bran new bolted, Rose-leaues old and new: seethe them till they be thicke: then lay it to the brest as hot as shee may suffer it, from euen to morning, and shift it againe.

To breake the steame of the brest.

TAke butter without salt, and hony, of each a quantity, faire bitter Almonds: blanch them, and beat them fiue and eat a little euery day.

A very good Medicine for any ache or sore brest, often approued.

TAke Frankincense, fine wrought Wax, Boares grease, and Rosin,

of each of them a like quantity, and seethe them together to a cake; spread it on a cloth as broad as the sore or paine is, and lay it to foure and twenty houres, or twelue at the least.

An approued Medicine for a sore brest.

TAke a handfull of Mallowes; seethe them very soft in faire water, and then let the water runne away from the Mallowes: then chop or shread them: then put them in a dish with Boares grease, and heat them very hot, and lay on a plaister of linnen cloth to your brest, as hot as you can suffer, three or foure times a day heating it: this hath beene approued very good.

A remedie for the paines of the brest.

TAke Hysope, Parsley, and Sage, stampe them together, and lay them to the brest, and it will be whole.

Another

Another for the ſtopping of the breſt.

TAke Rue, and ſeethe it with Allegant, and drinke it three or foure times.

A medicine for the bloudy Flix.

TAke as much fine linnen cloth as will make a Suppoſitary, being wrapped together button wiſe: then wet the ſame in the beſt Aqua vitæ, or Aqua compoſita, and let the party grieued conuey the ſame into his fundament, and it will helpe him by the grace of God, within three or foure dreſſings: this is approued, and hath holpen many that haue been brought low, and thought paſt cure.

Doctor Smiths Medicine for the Collicke and Stone.

TAke Poſſet-Ale made of Rhenniſh wine: boyle Camomile, running Time, Parſly, Pellitory of the wall,

with a good spoonfull of Comminseeds, till the third part and more bee consumed: then straine them with Sugar sufficient: drinke a good draught warme, and vse it as occasion serues.

A Medicine for the Chin-cough for a childe.

TAke Boares grease, and warme the soles of the feet to the fire: then chafe them with that, and goe to bed, and keepe it warme, and lap clothes to it.

To stay a Laske.

TAke halfe a quarter of a pound of Almonds, and pa ch them vpon two new tiles: beat them in a mortar, and take a quart of faire water, and set it on the fire, and put in halfe a handfull of Knot-grasse, and halfe a handfull of Plantane leaues, and let them seethe a good while: then take

take the water and ſtraine the foreſaid Almonds therewith, and make an Almond milke thereof, and put in a peece of Sugar: then take Date-ſtones, and beat them to powder as ſmall as may be, and put ſome of that powder into the Almond milke: ſo drinke it luke-warme.

A excellent Medicine for a childe that can not part with his water or urine.

TAke three or foure hiue-Bees: kill them; then dry them vpon a hot ſlate: being thorow-dry, bruiſe them to ſmall powder; then put the powder into a quart of ſmall Ale, and giue the ſicke to drinke, and he ſhall haue preſent remedy.

A Medicine for the paine of ſwelling in the ſtomacke.

TAke a good quantity of Roſemary flowers: boyle them in white wine, and

and as hot as may be suffered, apply it to the stomacke.

An approued Medicine for the Spleene.

TAke a quart of Claret wine, a pint of Oyle of Oliue, two good handfuls of Camomile being shred small: boyle the Wine and Comomile together from a quart to a pint, and anoint the hardnesse of the Spleene morning and euening therewith, and it will dissolue.

A Medicine for a Felon or Andcome

TAke rusty Bacon and Colewort-leaues: stampe them together: then take a peece of Dogges leather prickt full of holes, and spread it vpon the leather, laying it to the sore twice a day; and when it begins to heale but once a day.

A Medicine for the itch of the body.

TAke ſweete butter, vnwrought wax, vinegar, brimſtone, a little Roſe-water, red Cloues whole: boile them together til they be like a ſalue: then anoint the fleſh three ſundry nights by the fire therewith, and no more.

A Medicine for the Canker in the body.

TAke Bollarmonack, Roch-Allom, and hony, then beat them to powder: take twice as much of the Allome as of the Bollarmonack, and ſtir them together till they come to a ſalue, and ſo annoint the ſore.

A Medicine for the heat or ache in the body, or legges, or elſewhere.

TAke red Docke roots, and take out the ouer-pith, and ſeeth them in running water; then draw the water

water from them, and beat it with thicke creame, and so anoint the place that is grieued, or with a cloth dipt in the same, and laid ouer the place.

A Medicine good to cleanse the body.

TAke Balme, and lay it in white wine, till it be well steeped, and then distill it: the water thereof is good for any disease that is in the body, but you must distill the wine and all together, drinking a spoonfull or two in the morning; proued.

A Medicine for a Fistula.

TAke Veruine and dry it vpon a tile, and make powder thereof, & make cleane the sore with a linnen cloth, and fill the hole full of the powder.

A remedy for one that vomiteth too much.

TAke Coriander-seeds fine beaten in powder, and drink it with Mint water.

To

To make a seare-cloth for all manner of aches.

TAke a pound of vnwrought wax, halfe a pound of Rosin, two ounces of Frankincense, a pound and a halfe of sheeps suet, and boyle them all together, and straine them in a faire bason: then put them in a chasingdish of coales, and dip a linnen cloth therein, and so lay it to the sore.

A Medicine for a Ring-worme or Tetter.

TAke red Dock-roots: slit them, and lay them in vinegar, and so wash the Ring-worme or Tetter.

A Medicine for the Stitch.

TAke wheat-flower, and bake a cake, and cut it in the midst: then strike the dowy sides all ouer with Tarre, and lay it to the Patient as hot as may bee: you must lay one halfe of the

the cake to the one side of the Patient, the other halfe to the other side.

A Poultis for all manner of swelling.

TAke a hatfull of wilde Mallowes, and seethe them in running water till they be tender, and then swing them, and chop them small; then take a penniworth of sweet butter, and the crummes of white bread, and put the Mallowes and all into a quart of milk, and seethe it till it bee thicke, stirring it well, then lay it to the griefe as warme as can be suffered.

A Medicine for the cough,

TAke Mustard-seede and put it into Figges: seethe it in Ale and drinke it.

A Medicine for the Mother.

TAke Rosin and beat it very fine: put it into white Wine and Saliet-oile,

oile, and drinke it, and it will doe you good.

A Medicine for the bloudie Flix.

TAke the pils of Pomegranates: beat them, and drinke them with red wine morning and euening bloud warme: then heat a bricke red hot, and lay it vnder a close stoole, and cast Rosemary and Malmesie on it, and let the Patient sit ouer it,

A very good Medicine for the Piles.

TAke the hard roe of a red Herring, and roast it hard: then take the seeds of nettles, and beat them together small: then beat them with barrowes grease, and boile them together, and anoynt the Piles therewith then take a chasingdish of coles, and set it vnder a close stoole, and cast a little Franckincense thereon, and let the Patient sit ouer it when they bee anointed

anoint with the aforesaid ointment.

A Medicine for a burne.

TAke oyle of Roses, and womans milke: put it into the open place, and it will heale it.

Another for the same.

TAke a linnen cloth cleane washt, and burne it, and make a powder thereof, and take the oyle of egges, and anoint the sore: then strew the powder thereon.

A Medicine for the Dropsie.

TAke Annifeeds, Coriander-seeds, Spikenard of Spaine: vse this in your meat and drinke eight dayes together, and it will doe you good.

A Medicine to dry a sore.

TAke a pot of Smiths water, a quarterne of Roch-Allome, halfe a pint

pint of Oyle of Olives, and put thereto a handfull of Sage, and boyle them together till they be halfe consumed: then vse it to the sore, and it will drie it.

A Medicine for an ache that comes against raine.

TAke the hornes of a Stagge: cut them in small peeces, and boyle them in water, till it bee consumed from a gallon to a quart: then powre the water from the bones, and it will gelly when it is cold, and therewith anoint the grieued place against the fire euening and morning.

A Medicine for a burne or scald.

TAke Mallows and Smallage: seethe them in water: when they be tender take them forth, & wring out the water cleane: chop them small, and set them on a chafingdish of coals, & put to

to it a little sheepes suet, and make of it a salue, and lay it to the sore place thicke, and lay a cloth vpon it, and tie it on.

A salue for an old sore.

TAke the inner rinde of an Oke that is not very old, and burne it to a coale: then quench it, and make thereof a powder, and temper it with the yolke of an egge, and make thereof a salue.

To make a drinke for a burning Ague.

TAke a quart of running water, halfe a pint of Vnegar, halfe a quarter of a pint of Rose-water, a quarter of pound of a Sugar, and one sticke of Cinamon: boyle them all together, let it coole, and giue it the sicke to drinke.

A Medicine for the heat of the Liuer.

TAke wort of the firſt tap: drinke it euery morning next your heart for a moneth together, and it will helpe you.

A Medicine to make a young childe goe to the ſcoole.

TAke May-butter, and chafe the nauill therewith againſt the fire: then take ſome blacke wooll that growes betweene a blacke ſheepes legges: dip it in May-butter, and drie it: then lay it the nauill. It is good for an old man alſo that can take no inward medicine.

An approued Medicine for the Nauill when it comes out with crying.

TAke wax which is vſed no other way but to take the hony from it, and when you haue an occaſion, melt,

melt some of the wax in a Sawcer, and dip blacke wooll in it : lay it to the nauill, and it will helpe it.

A Medicine for the swelling of a childes cods.

TAke Red-rose-leaues : bray them, and boyle them in red Wine an houre : then wet a cloth in it, and lay it to the childes nauill as hot as you can suffer it.

A Medicine to stanch the Flix.

TAke a Sawcerfull of the juyce of Milfoile, as much of the juyce of Plantane, and wheat-flower : temper it with the juyce of the herbes, and so make a cake of it, and bake it, and eat it hot.

For to stanch bloud at the nose, or at a veine that is cut ; proued.

TAke Feathers burned to powder, and lay it vpon the veine that is cut.

eat, and alſo take a wet cloth, and lay it round about the members, and wet the cloth three times, and lay it to cold euery time, and it ſhall ſtanch whereſoeuer it be; proued.

For to helpe a drunken man or woman for euer.

GIue him a purgation: after that, giue him a Swallow to drinke in powder for the ſpace of twelue dayes, and for a months ſpace giue him euery day foure Almonds to eat, with foure leaues of Woodbine beaten: you muſt eat them in the morning next your heart; proued.

For Scabs.

TAke Snailes, and pricke them, and take the water that comes out of them, and anoint the ſcabs therewith: take vine leaues, & bind them to the ſcabs, and doe it euery morning and euening,

euening, and you shall be whole, proued.

To drie Scabs.

TAke Gum-arabecke: put it in Rose water till it bee consumed, and wash them therewith; proued.

For the Palsie, or shaking in the hands.

TAke Sell and Eysill: seethe them together, and wash thy hands therewith, and eat Sage with Mustard fasting.

To restore a man to nature that is in a consumption.

TAke the eldest Cocke you can get: scald him, draw him, and cut him all in peeces in a glasse pot: stop him as fast as you can, and put among these peeces Cloues, Mace, small Raisins, and salt: then put this glasse into a great pot, and let all these seethe together till they be a gelly: then straine it into a cleane vessell, and giue

giue it to the ſicke, firſt and laſt bloud-warme.

To reſtore the braine.

TAke powder of Bittany, and vſe it in your pottage: it will reſtore the braine, and deſtroy the ſtone.

For a perillous Cough.

TAke Sage, Rue, and Commine: ſtampe them with Pepper: ſeethe them together with hony, and thereof make an electuary, and vſe thereof a ſpoonfull euening and morning, and by the helpe of God it ſhall doe you good.

For them that cannot ſee, and haue red eyes.

TAke white vinegar, and rub vpon a whet-ſtone in a faire baſon: take as much ſalt as powder, and grinde them well together in a baſon, and temper

temper them with Wine: and let it ſtand a day and a night, and put it in a viall of glaſſe: you muſt take the thinneſt that ſtandeth aboue in the baſon, and put in your glaſſe; and when the patient goeth to bed, take a feather, and wet therein, and anoint your eyes.

To anoint the face and to make it white.

TAke freſh Bacon-greaſe, and the whites of egges: ſtampe them together, and a little powder of Bayes and anoint your face therewith, and it will make it white.

For a faire face; proued another way.

TAke Plantane and white Vinegar: ſtill them together, and waſh your face therewith fifteene dayes, morning and euening: after this, drinke a draught of Vinegar in the morning once in three dayes.

To

To make the face white and faire.

TAke Roſemary, and boyle it in white Wine, and waſh thy face therewith, and thou ſhalt bee faire: then take Erigan, and ſtampe it, and take the juyce thereof, and put it all together, and waſh thy face therewith; proued.

To helpe the face with red pimples.

TAke Bay-berries, and plucke off the huskes, and make fine powder thereof, and temper it with Honey: anoint your face therewith ſix times, and it will helpe you.

To draw broken bones out of the head.

TAke Betony, Veruine, and Rue: ſtampe them all together very ſmall, and put thereto Rie-meale or wheat, and the white of an egge, and make a plaiſter, and lay it to the head.

To quench one thirst.

TAke the roots of Louage: wash it cleane: stampe it, and temper it with water: drinke a good draught of it fiue nights together, and drinke not in two houres after it.

For one that speakes in his sleepe.

TAke Southernwood, and temper it with Wine, and let the diseased drinke thereof in the morning, and when he goes to bed.

For a woman that hath too much of the Flowers.

TAke the foot of a Hare: burne it to powder, and drinke thereof with red wine and Cinamon first and last nine dayes, and it will helpe her.

FINIS.